food network magazine

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Ina's HAMPTONS FAVORITES

Guy's HOME KITCHEN

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142 Recipes!

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+ Fun summer desserts

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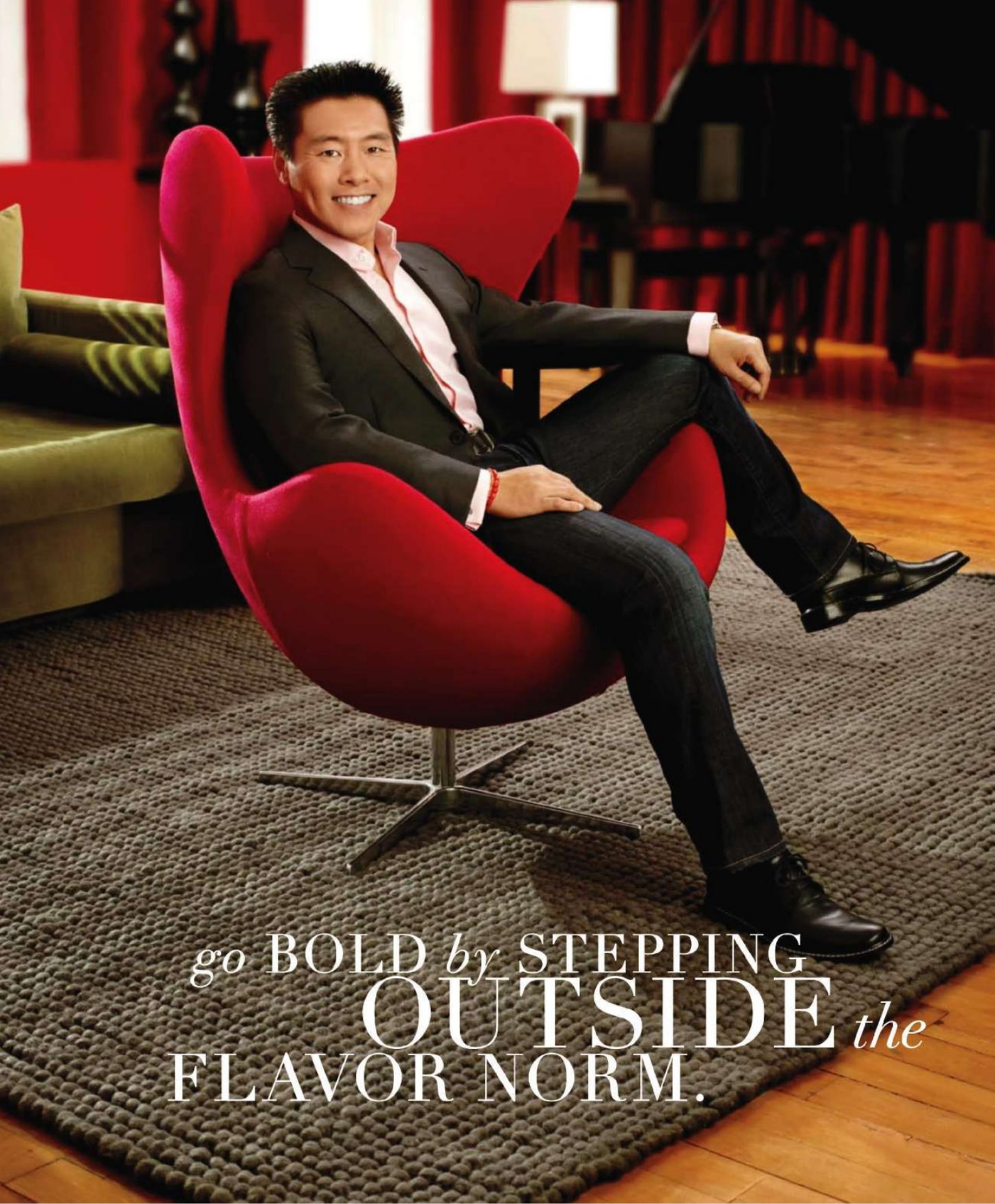
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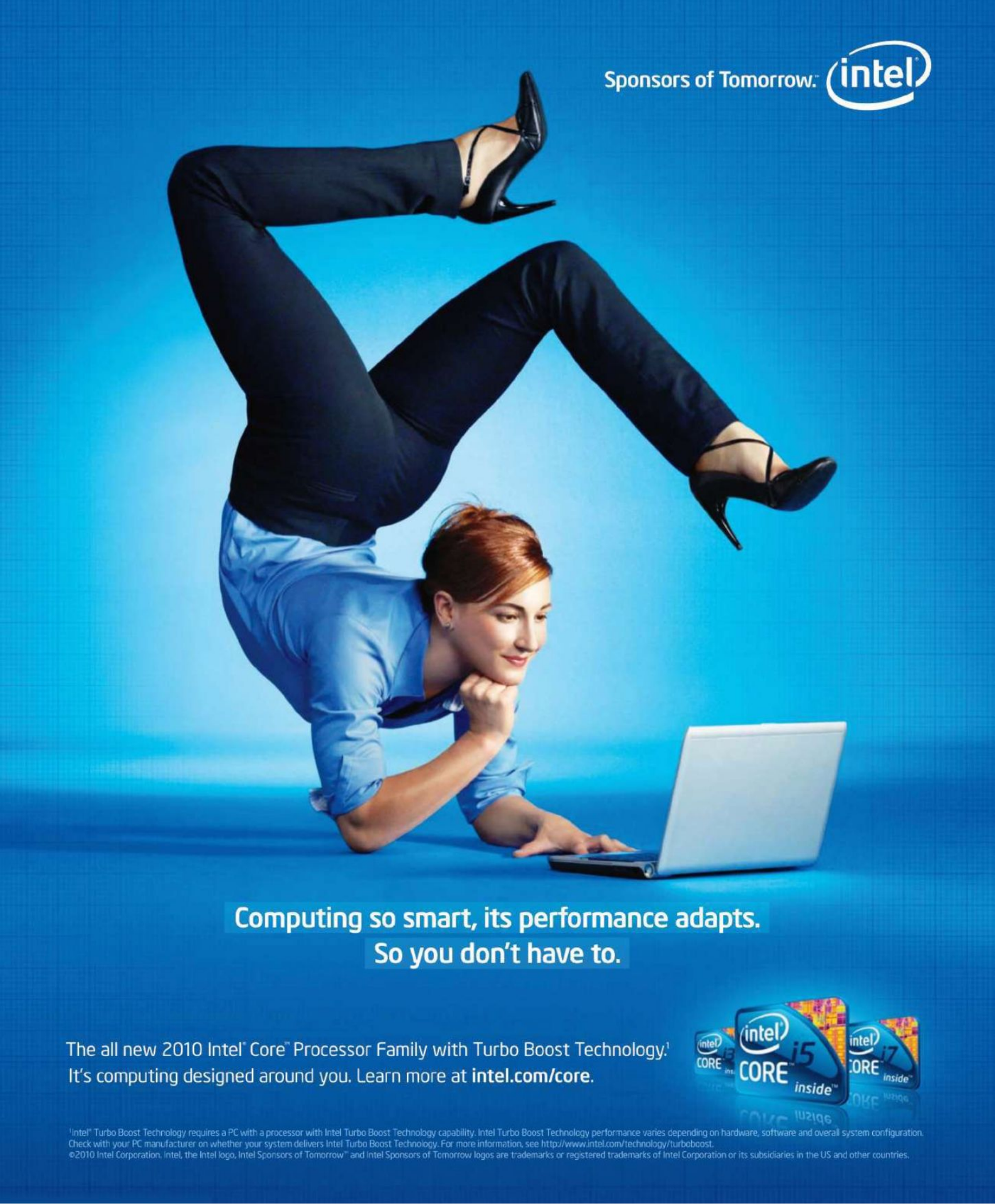
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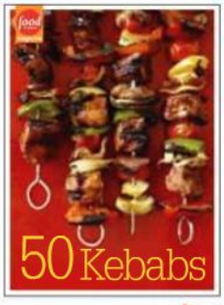
Contents

JULY/AUGUST 2010

10 **Recipe Index**
20 **Editor's Letter**
27 **Reader Letters**
30 **You Asked**
35 **Food News**
184 **Good Question...**

BONUS INSERT



pg. 120

In the Know

43 **Just Add Chocolate** • The latest addictive snack foods are an irresistible combo of sweet and salty.

44 **So Cool** • Check out some new coolers for your next summer picnic.

46 **Ask Ellie** • Ellie Krieger has a recipe for flavorful crab cakes without the fat.

48 **Ted Says...** • Ted Allen fills us in on his favorite kitchen gear.

50 **Odd Job** • A baseball-stadium vendor tells us how he keeps 50,000 fans happy.

52 **Star Kitchen** • Guy Fieri unveils his massive new home kitchen.

Fun Cooking

61 **Seuss Chefs** • See some fancy twists on green eggs and ham.

62 **He Made...She Made** • Bobby Flay and Rachael Ray whip up their best sundaes.

65 **Copy That!** • Fry up a Chick-fil-A chicken sandwich at home.

67 **Out of the Box** • Food Network chefs use cottage cheese to make potato fritters, dessert and more.

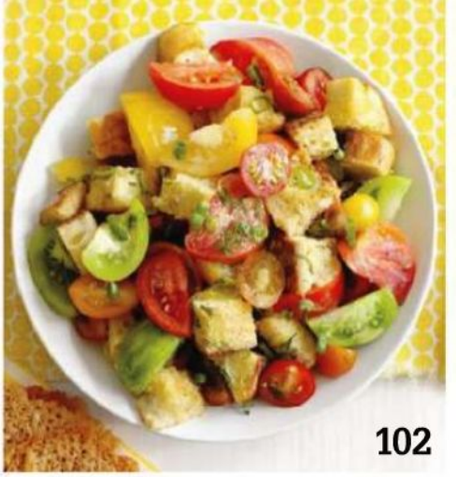
70 **Lighten Up** • Make a healthier version of a pub favorite: fish and chips.

72 **Hot Dog!** • Find 30 different ways to dress up an all-American fave.

Cover photograph by Antonis Achilleos Food styling: Jamie Kimm; prop styling: Marina Malchin.

THIS PAGE, PHOTO: STEVE GIRALT; FOOD STYLING: JAMIE KIMM. COVER, PANCAKE: CHARLES MASTERS. GARTEN: QUENTIN BACON. FLAG: ISTOCKPHOTO.

Contents



Weeknight Cooking

81 **Weeknight Dinners** • Try the latest batch of quick and easy meals from Food Network Kitchens.

96 **Mix-and-Match Sides** • Round out your meal with these side dishes.

98 **Hot Tips** • Step up your cooking with some tricks from the test kitchen.

100 **Salad Days** • We turned our favorite hearty dinners into cool summer salads.

Weekend Cooking

109 **Weekend Dinners** • Impress friends at your next get-together with these great summer spreads.

120 **50 Kebabs** • Beef, chicken, seafood, veggies…we've created dozens of kebab combos for grilling season.

122 **Try This at Home** • Pat and Gina Neely teach us how to make a barbecue classic: pulled pork sandwiches.

126 **Pretty Cool** • Our no-bake blackberry summer pudding is a treat in the heat.

Party Time

129 **On the "Rocks"** • Start your Fourth of July with a bang: a fireworks-inspired cocktail.

130 **Tyler's Fourth of July Feast** Tyler Florence invites us to his Northern California home for a Southern-style barbecue with his family.

140 **Just the Facts: Watermelon** • Find out how to pick the perfect melon. Then, learn six new ways to serve it.

143 **New & Improved Fourth of July** • Time to retire the flag cake: We've brought some old party ideas up to date.

On the Road

151 **Canvas the Area** • These clever totes double as sightseeing maps.

152 **My Top Five** • Ina Garten leads us to her favorite bites in New York's Hamptons.

154 **50 States, 50 Breakfasts** • Find your way to the ultimate breakfast in every state.

174 **Dining with the Stars** • See where celebs chow down in Orlando, FL.

177 **Dive In!** • Check out some of America's coolest hotel pools, and try their poolside snacks at home.

Recipe Contest

186 **The Winner Is…** • A reader's cool peanut butter and banana dessert took the prize.

188 **Cook with...Bacon!** • Enter this month's secret-ingredient recipe contest.

Check out Guy Fieri's kitchen on page 52.

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Protein-rich foods like smoked tofu, shrimp or salmon make a salad a meal.

The "Quick and Easy Dinner" Salad

TIP: Keep your salads fresher longer by mixing them in plastic bowls and placing a damp paper towel on top, then covering with an airtight lid.

THE COLOR OF A WELL-BALANCED DIET

When it comes to creating a nutrient-rich salad, go for the green of spinach, arugula, romaine lettuce, kale, broccoli, peas, mustard greens, Swiss chard and kiwi; and say yes to the yellow-orange of carrots, pumpkin, winter squash, apricots, papaya, mango, sweet potatoes and cantaloupe.

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Even the most dedicated salad eater welcomes unexpected flavor with their greens—like the dried cranberries here.

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1) CDC Division of Media Relations. Majority of Americans Not Meeting Recommendations for Fruit and Vegetable Consumption [press release]. 9/29/09. Last accessed 1/15/10. http://www.cdc.gov/media/pressrel/2009/r090929.htm

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The "Let's Pretend We're At Our Favorite Restaurant" Salad

HOW TO MAKE A SALAD A SATISFYING MEAL

Protein-rich foods like chicken or steak can turn a salad into a savory, satisfying dinner for even the biggest appetites. And they're a great choice for delicious, one-bowl summer entertaining. Why not add a burst of color, too? Corn's bright sweetness is a great complement to southwestern- and Mexican-inspired salads.

TIP: The USDA MyPyramid recommends eating 2 to 3 cups of vegetables each day—and salads are also a great way to work veggies into your diet.

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Star Search

Find your favorite Food Network celebs in this issue:

Ted Allen
Chopped
pg. 48

Sunny Anderson
Cooking for Real
pg. 30

Mario Batali
Iron Chef America; Molto Mario
(on Cooking Channel)
pg. 38

Paula Deen
Paula's Best Dishes
pg. 30

Guy Fieri
Diners, Drive-ins and Dives; Guy's Big Bite
pg. 52

Bobby Flay
Grill It! with Bobby Flay; Iron Chef America; Throwdown with Bobby Flay; Brunch @ Bobby's
(on Cooking Channel)
pg. 62

Tyler Florence
The Great Food Truck Race; Tyler's Ultimate
pg. 130

Jose Garces
Iron Chef America
pg. 38

Ina Garten
Barefoot Contessa: Back to Basics
pg. 152

Duff Goldman
Ace of Cakes
pg. 30

Ellie Krieger
Healthy Appetite with Ellie Krieger
(on Cooking Channel)
pg. 46

Emeril Lagasse
Emeril's Fresh Food Fast
(on Cooking Channel)
pg. 30

Aida Mollenkamp
Ask Aida
(on Cooking Channel)
pg. 30

Pat and Gina Neely
Down Home with the Neelys
pg. 122

Rachael Ray
Rachael's Vacation; 30 Minute Meals; Week in a Day
(on Cooking Channel)
pg. 63

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Go Fourth!

A few weeks ago, my dad pulled my sister Ridge aside to discuss a secret mission: Shortly after dusk they were going to sneak into the neighbor's yard, cross their fingers that an alarm wasn't set and take two flags. My father stealing a flag is like Gandhi picking a fight at a bar—he's a retired military officer, devoted teacher and all-around rule follower. But he had his reasons. The flags were tattered, faded and abused; he just couldn't look at them anymore. He's a real patriot, and along with properly displaying the flag, he also makes sure that we properly celebrate the Fourth of July: It's right up there with Christmas in our family as a day worthy of long-distance travel and a massive food spread. (Tyler Florence seems to agree; check out his Southern-style backyard feast on page 130.)

Last year our cookout started at noon with one round of burgers and dogs, continued with a second round of grilling at 5:00, and finally wrapped up at 8:00, ending, as always, with a cake that looked like Old Glory. It's the one and only flag that my dad is happy to destroy each year. The Carpenters don't like to mess with tradition, but I've talked everyone into retiring the flag cake this time to try something more...modern. See the upgrade on page 144, along with other new Fourth of July party tricks. We're also going to mix up our hot dogs: Food Network Kitchens came up with so many topping combos that every last relative (and there are a lot of them—this photo is from last year's cookout) will be able to try a different one. There's even a vegetarian option. (You're welcome, cousin James.) In lieu of illegal fireworks, we're going to make the cocktails on page 129. They're rimmed with Pop Rocks, so they're kind of like firecrackers—but so much less likely to upset the neighbors.

Last year's Fourth of July family cookout...for 36!

Maile Carpenter
Editor in Chief

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We Hear You...

See what readers had to say about our recent issues, then **tell us what you think** of this one.

I made the May cover recipe for lunch today. What a surprising combo of flavors and textures! If you want to step up the traditional grilled cheese sandwich a bit, this is the one to try!

Wendy Bowman
Lowell, IN

When I saw the Ham-Taleggio Grilled Cheese on the cover of your May issue, I said, "Voilà! That is what I am making with my leftover Easter ham." I had **never used taleggio,** but the specialty cheese department at my local supermarket gave me the amount I needed, and the person at the counter described it as smooth and creamy—perfect for the sandwich. Thanks for the recipe; it's out of this world.

Janis Hartman
Fairport, NY

Whenever I visit my home state of Indiana, I make it a point to enjoy my **favorite Hoosier delicacy:** a pork-tenderloin sandwich. So I was delighted to see that you included a recipe for the sandwich ["Only in…Indiana"] in your May issue. Every bite made me feel like I was back home.

Nancy Morgan
Columbia, SC

Thank you for the trail mix recipes ["Take a Hike!" May 2010]. My family and I made the mixes and included them in **care packages for the troops** in Afghanistan.

Amy Graf
Freehold, NJ

My mom had been raving about your **cupcake topiary** ["Good Enough to Eat," May 2010]. So when her birthday rolled around, I made it instead of a traditional birthday cake. It was a huge hit! No one wanted to take the cupcakes off because it looked too awesome.

Meghan Coyne
Ronkonkoma, NY

I enjoy your copycat recipes, and generally, you are right on. However, if I recall correctly, when I was a kid, **the original Orange Julius** ["Copy That!" May 2010] was made with freshly squeezed oranges, not from concentrate.

Victoria Woods
Beavercreek, OH

For years, the Orange Julius was made with fresh oranges, but the company had a difficult time keeping the flavor consistent—oranges vary from place to place and season to season—so in 2008, the chain switched to concentrate.

My husband and I were in search of **a different take on pork chops.** We tried the Japanese-Style Crispy Pork [Weeknight Cooking, May 2010], and this was it! Thanks for the new recipe.

Natalie Brown
Silverdale, WA

I loved the **sushi lesson** from Iron Chef Morimoto ["Try This at Home: Sushi," April 2010]. He is so fascinating, and more important, so talented. Please feature more of his recipes!

Victoria Lerman
San Jose, CA

The idea of using black tea as a rub and seasoning for baby back ribs in Morgan's Sweet-Tea Ribs with Lemony Potato Salad ["Out of the Box," April 2010] was an intriguing one. I decided to put the recipe to the test and enlisted my dad, **a true lover of ribs,** as a co-taster. The results? Thumbs up from both of us! I have a feeling I'll be making them all the time.

Linda Delia
Uniontown, PA

I made baklava ["Michael Symon's Big Fat Greek Easter," April 2010] for a Persian New Year celebration. My father-in-law and brother-in-law loved it so much that they started keeping track of how many pieces each had eaten—**eight pieces each!** They are picky about desserts but loved this one.

Emma Etemadi
Woodinville, WA

CLOCKWISE FROM TOP RIGHT: STEVE GIRALT; STEPHANIE FOLEY; LEVI BROWN.

food4thought

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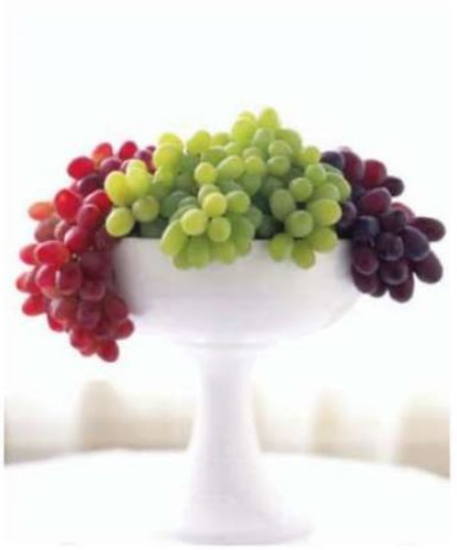

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Go to **foodnetmag.com** for your chance to win one of 50 copies of the *Green Black Red* cookbook – filled with healthy, satisfying family recipes featuring Grapes from California. Plus, 1 grand prize winner will receive the ultimate *Food Network Magazine* gift basket, including cookbooks, DVDs and more fun goodies for foodies!

GRAPES FROM CALIFORNIA

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Every year for Easter at my mom's house, I am expected to bring a **beautiful dessert.** This year I decided to make your hummingbird cake ["Southern Accent," April 2010]. I can't begin to tell you what a hit it was! I hadn't had one in a long time, but this recipe is fabulous and will become a staple in my cooking repertoire. Thank you for providing the recipe for a sometimes-forgotten favorite.

Julie Riggs
Louisville, KY

I moved recently and don't get to see my family and friends very often. My best friend, Leilani, gets your magazine, too, so we decided to make something from it at the same time. We picked the **Buffalo-Chicken Macaroni and Cheese** ["Mac + Cheese," April 2010]. A couple of weeks later, my husband said he had a surprise waiting for me at home. It was Leilani! We made the mac and cheese the next night. It was wonderful to cook with her again. Thanks for helping me feel closer to home.

Jennifer Helble
Lancaster, CA

Thousands of stir-fries equal **22 pounds lost!** I tacked your stir-fry story ["11,375 Stir-Fries," March 2010] to my fridge, and every night when I came home, tired and hungry, I would go to those recipes. It's been fun creating new combinations, but the biggest benefit has been the weight loss. I have tried them all—Atkins, South Beach Diet, Weight Watchers—and this is my first success story. I don't even feel like I am dieting. No boring meals, just lots of variety and great taste.

Beckie Poe
Winnsboro, TX

I love getting recipe ideas from your magazine, but I've noticed that **you almost never use tofu** as a main protein. As a part-time vegetarian, I rely on tofu a lot. Even though it can be substituted for meat in most dishes, it really shines in recipes intended for tofu. I would love to see more of it in your magazine.

Evan Thomas
Marlborough, MA

You're right—tofu is a great source of protein, and we're fans of it, too. Try the Hoisin Tofu Kebab in this month's recipe booklet, or our California Dogs on page 76.

We want to know what you think:
Go to foodnetwork.com/magazine and click on Write to Us! Or e-mail us at fnmeditor@hearst.com.

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FROM LEFT: STEPHANIE FOLEY; KARL JUENGEL/STUDIO D.

You Asked...

Food Network stars answer your burning questions.

Emeril, can I freely substitute chili paste for chili powder?

Mike Dietrich
Rio Rico, AZ

There's nothing like the bright flavor of homemade chili paste made with either fresh or rehydrated dried chiles! But chiles vary in heat—even the same variety of chiles may differ greatly depending on the growing conditions and when they're harvested. Chili powder has a more consistent flavor and milder heat profile, but chili paste will work in a pinch; just be sure to incorporate it into dishes in small increments until you are happy with the flavor.

—Emeril Lagasse

Paula, I don't always have fresh buttermilk on hand. Is there another ingredient I can substitute when a recipe calls for buttermilk?

Darlene Sanchez
Florida, Puerto Rico

You can make your own buttermilk! It's easy: Just add 1 teaspoon of distilled white vinegar to 1 cup of fresh milk, let the mixture sit for 5 minutes, then whisk.

—Paula Deen

Aida, can I soak and use navy beans (or any other beans) after I've used them to weigh down a pie crust while baking it?

Darcy Harrison
Merchantville, NJ

Technically, yes, you can still soak and cook the used beans, but I wouldn't recommend it, as they just won't taste good after they've been cooked in the oven. Instead, consider buying pie weights, which you can use over and over without any issues.

—Aida Mollenkamp

Sunny, how do I care for a cast-iron skillet?

Gail Vaks
Pensacola, FL

To season new cast iron, scrub off the factory coating using soap, hot water and steel wool. Dry it, then coat the cooking surface with a thin layer of lard, shortening or vegetable oil. Preheat the oven to 350° and put a baking sheet on the lowest rack. On the rack above, place the skillet upside down. "Cook" it for an hour and let cool. It's ready to use but could take three more coatings and cooking cycles. Never put cast iron in the dishwasher; clean it by wiping it with an oiled paper towel. Re-season the skillet if it begins to rust or if food starts sticking.

—Sunny Anderson

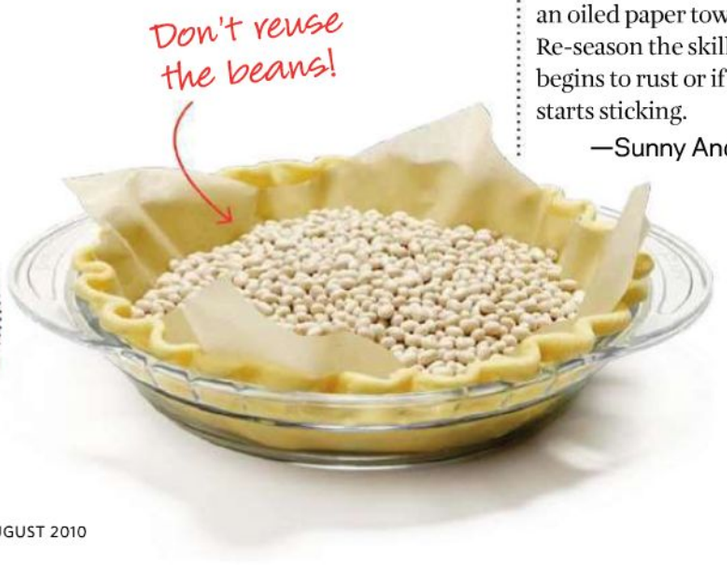
Duff, my cakes never come out with flat tops when I bake them. Yours always look so smooth. How do you do this?

Michael Gustchen
San Pedro, CA

You can't prevent a cake from getting a domed top when you bake it, so we trim that off. You'll get the best result by using a cake saw, which has a thin blade suspended between two poles. You can buy one at a specialty store, but if it costs less than $40, it's not going to work well. (The cheap ones are cheap for a reason.) You can also level cake layers with a long bread knife. To get the top nice and flat, we use the bottom of the cake; just flip over one of the layers and put it on top. The bottom edge will have a perfect 90-degree angle and will hold up well when you're frosting it.

—Duff Goldman

Have a question for a Food Network star? Write to us at foodnetwork.com/magazine.



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"There are only two ingredients I go out of state for—citrus and grapes from California."

◀ ROASTED GRAPE RISOTTO

HOLLY SMITH
Executive Chef/Owner, Café Juanita
Kirkland, Washington

Chef Holly Smith opened Café Juanita in April 2000, celebrating the finest local produce and artisan products from Italy and the Pacific Northwest. The superior dining experience has earned her 4 stars from the *Seattle Post Intelligencer* and a James Beard Award in 2008 for Best Chef/Northwest.

A WHOLE BUNCH *OF* FLAVOR.

CELEBRATING GRAPES FROM CALIFORNIA WITH CHEF HOLLY SMITH

Revered by the ancients for their special healing properties, grapes hold a special place in history. Beyond that, as celebrated chef Holly Smith notes, grapes from California deserve a place on any contemporary menu. "They're exceptionally beautiful in their natural form and cooking with them opens up another dimension. They are the essential ingredient in my Roasted Grape Risotto."

Q What inspires you as a chef?

A Just being hungry inspires me! I covet true flavor and fresh ingredients. The Northwest has been at the forefront of local sustainable cooking and dining. It's really a lifestyle here.

Q Why do you cook with grapes from California?

A They balance sweetness and acidity perfectly, and add juiciness and texture. Using this ingredient in an unexpected way was the inspiration for my Roasted Grape Risotto. I've always loved what happens when you roast grapes—they get caramelized and intense, and it changes that sweetness into something savory.

Q What flavors do grapes best complement?

A I especially love them with poultry, nuts and fish—like a fillet of John Dory.

Q How do grapes fit into your food philosophy at Café Juanita?

A Fresh, regional ingredients are key to my interpretation of Northern Italian cuisine. I'm looking for maximum flavor and quality.

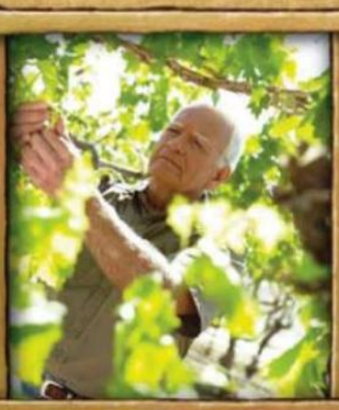
Q What makes grapes from California special?

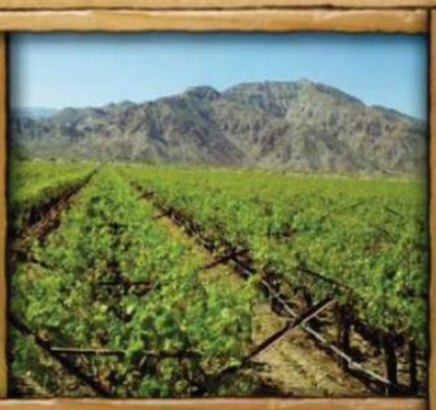
A I believe in whole foods over processed foods and I'm passionate about quality, origin and flavor. I support growers whose outstanding quality equals their commitment to the land.

Visit *FoodNetwork.com/grapes* for Holly's Grape Risotto recipe and other recipes from chefs around the country.

GRAPES FROM CALIFORNIA

The best of the best.





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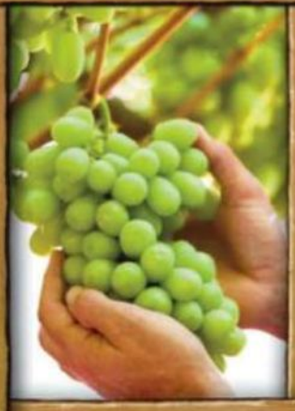

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10 THINGS You Need to Know THIS MONTH

1

You can get your soft serve fix at home.

Two new gizmos make swirly soft-serve cones.

Low-Tech

OK, it's not technically soft serve, but Tovolo's new Ice Cream Cone Pop Molds sure look the part: You just pack ice cream into the insulated plastic molds, freeze and serve straight from the reusable plastic "cones." *$10; amazon.com*

High-Tech

Deni's new Soft Serve Ice Cream Maker works just like a home ice cream maker, except it's on stilts and has an opening at the bottom that lets you swirl ice cream into a cone or cup with the push of a handle. *$40; walmart.com*

ICE CREAM CONE: CHARLES MASTERS; FOOD STYLING: BRETT KURZWEIL

2 Ketchup is getting all dressed up.

Just like H.J. Heinz, the owners of Northern California's Happy Girl Kitchen started out making pickles before moving on to ketchup—but on a much smaller scale. They make **Dry Farmed Country Ketchup** with organic local Early Girl tomatoes. *$8 for 9 ounces; happygirlkitchen.com*

Sir Kensington's **Gourmet Scooping Ketchup** sounds like it was invented by a British aristocrat, but the unusually thick ketchup was cooked up by two former Brown University classmates in one of their apartments. Either the plain or chile-spiked variety will add a shot of sophistication to your burger. *$7 for 11 ounces; sirkensingtons.com*

Many people believe that the word "ketchup" originated in Southeast Asia, so it makes sense that a gourmet ketchup line would come with international spices like saffron, cumin and turmeric. The spicy-sweet combo of guajillo chiles and orange juice in Dulcet Cuisine's **Sweet Orange Chile Ketchup** is a great match for steak or a grilled chicken sandwich. *$6 for 14 ounces; dulcetcuisine.com*

3 Fresher might not be better when you're buying spinach.

USDA researchers found that photosynthesis can continue to occur while spinach sits under stores' continuous lighting: Fresh spinach packaged in clear plastic containers or bags contained higher vitamin levels after sitting on supermarket shelves for up to nine days.

4 Cast-iron pans are losing weight.

Cast-iron pans are an all-time kitchen favorite, but cooking with them can be a workout: A typical 12-inch skillet weighs about seven pounds. Starfrit USA is taking a stab at that problem with new lightweight cast-iron skillets, which weigh 50 percent less than traditional skillets. They're made with a different molding process, so they're thinner than traditional cast-iron pans, and the handles are heat-resistant stainless steel. *$30–$50; amazon.com*

JEFFREY WESTBROOK/STUDIO D (3). WAITER: ISTOCKPHOTO.

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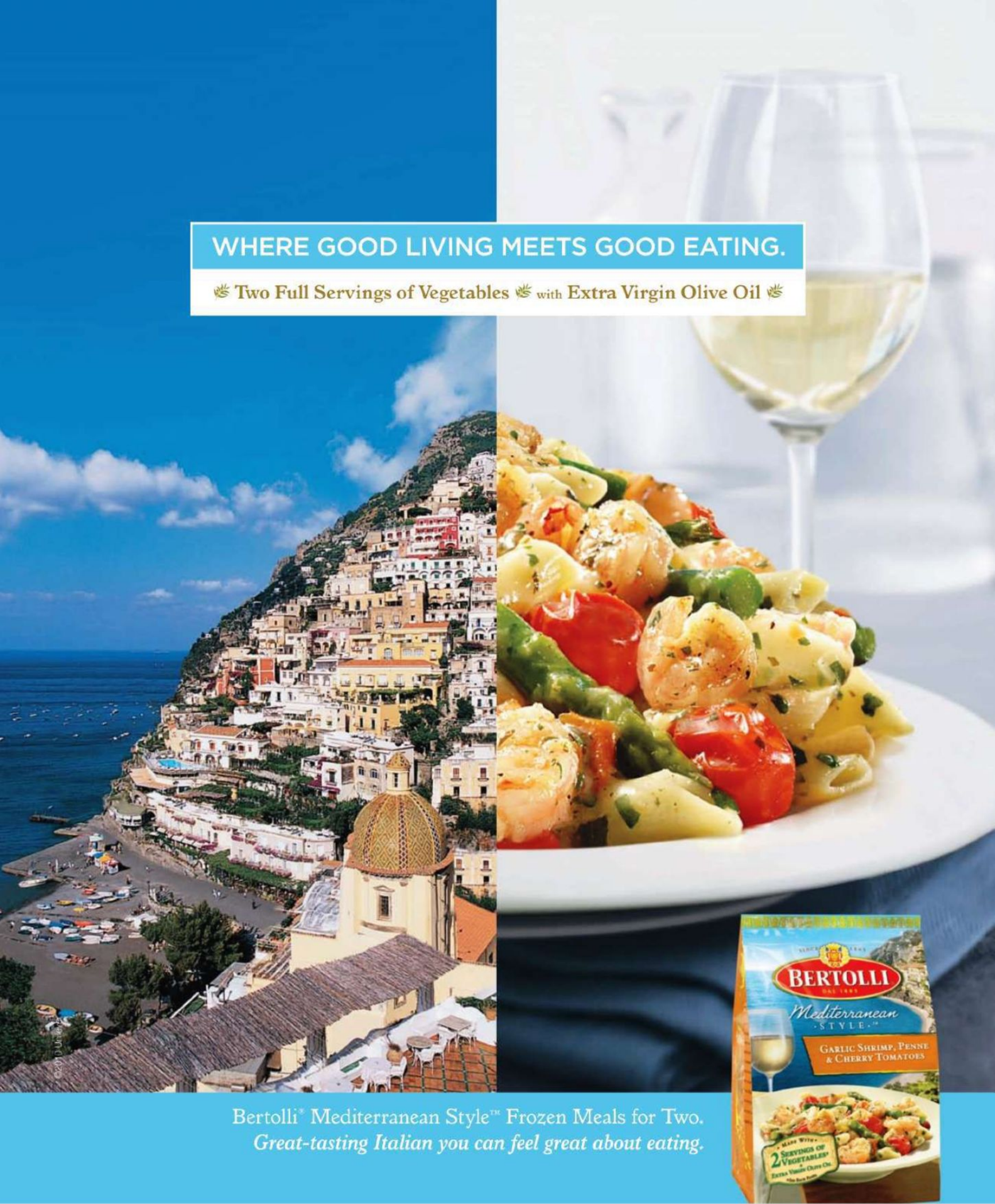

Bertolli® Mediterranean Style™ Frozen Meals for Two.
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5 Two Iron Chefs are getting into the grocery biz.

This summer **Mario Batali** and his partners are opening the first American outpost of **Eataly,** a massive fine-food emporium with locations in Italy and Japan. The store, located in New York City *(200 Fifth Ave.; www.eataly.com)*, will have all of the salumi, cheeses and artisan breads that its foreign counterparts sell, plus a 6,000-square-foot rooftop brewpub with custom beers from Dogfish Head owner Sam Calagione and famed Italian brewer Teo Musso.

Great chefs have access to top ingredients, and the newest Iron Chef, **Jose Garces,** who owns five restaurants in Philadelphia, is no exception. He's now selling the stuff he uses in his restaurants—single-estate vinegars and olive oils, imported cheeses and custom-roasted coffee—at Philly's new **Garces Trading Company** *(1111 Locust St.; garcestradingcompany.com)*.

6 Your soda bottle can double as a camera stand.

If you're so busy taking photographs that you're never in them, you might be in need of the Bottle Cap Tripod for this summer's get-togethers. The tripod fits over almost any bottle cap so you can mount a digital camera on top, set the timer and walk into the shot. Just make sure the bottle is full to keep it from tipping over. *$12, Dynomighty Design; greenergrassdesign.com*

7 **A new salt is less salty.** Well, sort of: Frito-Lay is working on a top-secret "designer salt" that will help cut the salt in all of its chips by 25%. The salt, which is reportedly finer than the usual stuff, coats tongues more completely, so less is used but the taste stays the same. Lower-salt versions of Lay's Sour Cream & Onion and Barbecue chips are on the way early next year, with other flavors to follow.

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8

Good news for caffeine junkies: **Drinking three or more cups of coffee per day may lessen the effects of aging on the brain** and may reduce the chances of developing Alzheimer's, according to a new study in the *Journal of Alzheimer's Disease*. There's just one catch: The study found that the boost only applies to women. Sorry, guys.

9

Restaurant menus are going rock and roll.

It's not enough to just play their favorite bands in the dining room: Some restaurant owners are devoting entire menus to their idols.

The Beatles
The Glass Onion Café in Tucson, AZ, looks like any other coffee shop, but the dish names reveal an over-the-top devotion to the Fab Four. There's the **Lonely Hearts Club sandwich** and the **Octopus' Garden salad,** plus an egg-white omelet with the fan-pleasing name **No Yoko.** Sir Paul McCartney hasn't stopped in yet, but owner Jen McDonald says he's always welcome. *1990 West River Rd.; glassonioncafe.net*

Wilco
Fans of this rock band know that its members are from Chicago, but restaurateur Chad Comfort figured that Toronto was just as good a location for his Sky Blue Sky Sandwich Company, named after the band's sixth studio album. Devoted customers even offer dish ideas. One recent suggestion: mac-and-cheese called, like a favorite song, **Sunken Treasure.** *605 Bloor St. West; sbssandwiches.com*

Ryan Adams
Employees of Sticks & Stones Clay Oven Pizza in Greensboro, NC, don't announce that their menu pays tribute to country-rock singer and North Carolina native Ryan Adams, but fans know that the dishes—such as the **New York, New York pizza** and the **Peaceful Valley salad**—are named after his songs and albums. The kids' menu is called **To Be Young....** *2200 Walker Ave.; sticksandstonesclayoven.com*

10

Jerky is getting an upgrade.

Restaurants across the country are using prime cuts of meat and exotic spices to give the convenience-store staple a makeover.

Las Vegas' **First Food & Bar** in the Palazzo Resort is known for its rock-and-roll late-night dining scene—and for chef Sam DeMarco's amped-up versions of diner classics. His Sizzlin' Beef Jerky is right at home on a menu that also includes Philly Cheesesteak Dumplings and Tuna Nachos. *3327 Las Vegas Blvd. South; firstfoodandbar.com*

Wyoming's Jackson Hole is big-game country, even inside the swanky Four Seasons Resort. At the hotel's **Westbank Grill,** executive chef Simon Purvis makes venison jerky by marinating the meat overnight in soy sauce, garlic and ginger. He serves it with a juniper-rubbed venison loin and a potato ragout. *7680 Granite Loop Rd.; 307-732-5000*

At his new Brooklyn restaurant **Fatty 'Cue** chef Zak Pelaccio gives all of his barbecue dishes a Southeast Asian twist, including the sweet-and-spicy jerky, brushed with chiles, palm sugar and a special spice blend. *91 South Sixth St.; fattycue.com*

Smoked out back behind the restaurant!

BEEF JERKY: JEFFREY WESTBROOK/STUDIO D. RECORD: SIMFO/ISTOCKPHOTO. ILLUSTRATION: DOROTHY CURY.

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In the Know

Try some salty **new chocolates.** Then, upgrade your cooler and take a tour of Guy Fieri's home kitchen.

Just Add Chocolate

Some new sweet treats are made with our favorite salty snacks.

Pork-rind chocolate bars
Bacon-studded chocolate has been all the rage for a while, but Oregon chocolatier David Briggs has taken the concept to the next level with chicharrón chocolate bars, made with pork rinds. He uses chicharrones from San Francisco's 4505 Meats to make the bars, which taste a little like Nestlé Crunch with a bacony twist. *$9 per bar; xocolatldedavid.com*

Pretzel M&M's
Candy makers at Mars have added almonds, peanuts and crisped rice to M&M's, but now they're trying out pretzels: little pretzel spheres enrobed in chocolate with the old familiar candy shell. *79¢ for 1.14 ounces; at grocery stores*

Tortilla, lime and salt chocolates
The Seattle-based makers of new Komforte Chockolates fill their bars with wacky mix-ins like ramen noodles and French toast, but our favorite is the one with broken tortilla chips. A shot of lime zest gives the bar a nice citrus kick. *$3 per bar; komfortechockolates.com*

JEFFREY WESTBROOK/STUDIO D (3). PORK-RIND CHOCOLATE BAR: STUART TYSON/STUDIO D.

So Cool

Time to **upgrade your cooler:** Check out these fun new models.

Updated Classics

The elevated base on the **Island Breeze 28** minimizes contact with hot sand, keeping contents cooler longer; a contoured back makes it easy to carry.
$35; igloocoolers.com

Ice is a real treat when you're a few days into a camping trip. The **DuraChill Wheeled 5-Day Cooler** keeps everything cold for nearly a week.
$50, Rubbermaid; lowes.com

Travelers know that you can pack more stuff into soft-sided luggage; the same goes for the flexible **Geo Trek.** It holds up to 24 cans and folds for storage.
$10; thermos.com

These **Party Stacker** coolers interlock for easy transport. The big one holds 84 cans and is so deep, you can store wine and soda bottles upright.
$20 to $50 each; coleman.com

High-Tech

When you're too hot to move, you can put this **remote-controlled cooler** on drink duty: It will travel 40 feet on flat surfaces.
$70; hammacher.com

This battery-powered **electronic cooler** doubles as a stereo; it has a built-in clock, AM/FM radio and two small speakers.
$60, Coleman; amazon.com

This **solar cooler** gives you power on the go: After a few hours of sunlight, the insulated backpack has enough juice to charge a cell phone.
$85, Picnic Plus; modells.com

The zip-up pocket on this **canvas cooler** conceals a built-in jack and speakers for an MP3 player.
$79; potterybarn.com

Stylish

Don't worry about snagging a picnic table: The **Pop Duo** has a fold-out prep table between the cooler's two storage compartments.
$48; kelty.com

You can push this **rolling 60-can cooler** to your campsite, then detach the insulated bag and take it on a hike.
$30, California Innovations; at Costco stores

Don't be fooled by its good looks: The **Big Chil Insulated Bag** can hold 30 pounds and keep food cold for three hours.
$25, Blue Avocado; surlatable.com

This **Picnic Sport Market Basket Cooler** is great for big loads: You can fill it above the brim, and the tote itself weighs just three pounds.
$35, Picnic Time; bjs.com

STUART TYSON/STUDIO D.

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Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and cooks up a guilt-free crab cake.

Q: Are some types of yogurt healthier than others?

Jeanie Richardson, Monroe, WA

A: The key is to go with plain yogurt rather than flavored, sweetened varieties. Plain nonfat or low-fat yogurt is rich in protein and calcium and fills you up without many calories. Greek yogurt is essentially just yogurt that has been strained to make it extra thick and creamy; it's higher in protein and a little lower in calcium and lactose than regular yogurt. Just watch out for sweetened yogurts. Some have nearly 30 grams of sugar in 6 ounces and are loaded with artificial flavors. When buying flavored yogurt, look for all-natural ones with 24 or fewer grams of sugar per serving.

Q: I get migraines daily. What foods should I avoid?

Joanna Sparacino
Silver Spring, MD

A: Foods containing caffeine, alcohol and/or amines (an amino acid)—like red wine, chocolate, beer, coffee, avocado and aged cheese—often trigger migraines. Everyone is different, so keep track of your headaches and what you eat and drink to identify patterns. Many migraine sufferers are also deficient in magnesium, a mineral that is vital for maintaining the health of blood vessels, which control headaches. Eating magnesium-rich foods like nuts, beans, spinach and whole grains daily may ease symptoms.

Can you make a low-fat crab cake?

I love crab cakes cooked in oil and deliciously brown, but I'm trying to lose weight. How can I make a healthier version that's still crispy?

Joanne Lofaso, Staten Island, NY

A: You can have your crab cake and eat it, too—by omitting the gobs of mayonnaise common in many recipes, using extra-crispy panko (Japanese breadcrumbs) and browning the cakes in a nonstick pan with very little oil. The ones in this recipe have fewer calories than most, yet they're still moist inside and crisp on the outside.

CRISP CRAB CAKES

ACTIVE: 30 min | TOTAL: 1 hr | MAKES: 8 crab cakes

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 2 scallions, thinly sliced
- ½ cup finely chopped red bell pepper
- 1 cup panko (Japanese breadcrumbs)
- 1 large egg, lightly beaten
- 2 tablespoons nonfat milk
- 1 teaspoon Worcestershire sauce
- 2 teaspoons dijon mustard
- 1 tablespoon fresh lemon juice, plus lemon wedges for serving
- ½ teaspoon Old Bay Seasoning
- Dash of hot sauce
- 1 pound lump crab or crab claw meat, picked over
- Kosher salt and freshly ground pepper
- Olive-oil cooking spray

1. Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly.
2. Mix ½ cup panko, the egg and milk in a small bowl. In a medium bowl, whisk the Worcestershire sauce, mustard, lemon juice, Old Bay and hot sauce; fold in the crabmeat, panko mixture, scallion-bell pepper mixture, ¼ teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate 30 minutes.
3. Coat the crab cakes with the remaining ½ cup panko. Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes. Serve with lemon wedges.

Per serving (2 crab cakes): Calories 220; Fat 9 g (Saturated 2 g); Cholesterol 155 mg; Sodium 630 mg; Carbohydrate 8 g; Fiber 1 g; Protein 26 g

FOOD PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

Click! Send your healthy-eating questions to Ellie at **foodnetwork.com/magazine.**

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Ted Says...

Chopped host **Ted Allen** takes a break from unveiling mystery ingredients to reveal some secrets of his own: his kitchen essentials.

We've just finished shooting the next season of *Chopped,* so I'm back to doing my second-favorite thing: cooking. People often ask me which kitchen tools I can't live without, and I've finally narrowed down the list.

☐ Fish spatula

I can't believe I didn't own one of these until a year ago. It's one of the most perfectly designed and useful tools in my arsenal. And it's definitely not just for fish—I use it more than any other spatula. First, it's slotted, so it's less likely to stick to foods. And the end is angled and slightly curled, so it's easy to get under your food for flipping, or for hoisting that first brownie or chunk of lasagna.

☐ Restaurant food-storage containers

I first began saving takeout containers because it's wasteful to throw them away. But I quickly discovered that they're the best food-storage products: They're clear, uniform, stackable (which saves freezer space) and best of all, they cost almost nothing. Ask your butcher or deli to sell you some, visit a restaurant-supply store or try an online vendor like webstaurantstore.com.

☐ Wooden spoons

They don't scratch pans. They're cheap. And because they're cheap, I throw them in the dishwasher and don't care whether I'm supposed to or not. I've had most of mine for years; some, decades. When they wear out, I use them for kindling.

☐ Magnetic knife rack

These magnetic rails turn my knife collection into a bristling display of armament, and they keep the knives within reach but far enough from the edge of the counter that kids can't get to them.

☐ Cast-iron skillet

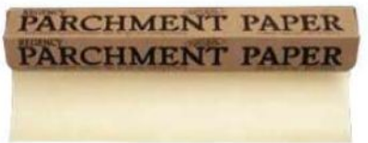
My mother bought my iron skillet at a church rummage sale for $1 when I went to college, so it already had a lifetime's worth of seasoning. It is indestructible, heats evenly and puts a beautiful sear on foods. And nothing sticks to it, especially when you use a chef's technique I call Hot Pan, Cold Oil: Heat the dry pan thoroughly, then add the oil right before the food. Works every time.

☐ Pressure cooker

I like the new generation from Kuhn Rikon [it doesn't have a noisy valve] *($230, 6-quart Duromatic; amazon .com).* There's no better way to make beans in a hurry.

☐ Vita-Mix blender

This is the noisy commercial-grade blender you see in every restaurant and bar. It's expensive *(from $449; vitamix.com),* but it's got power you wouldn't believe, and it's made in the USA. It will pulverize the tiny seeds in raspberries, which makes for really refined smoothies.



☐ Parchment paper

It's the best for nonstick baking—bread, oven fries, you name it. Great for wrapping cakes and breads for gifts, too.

☐ Heavy wood cutting boards

I'm amazed by how many home cooks do their chopping on marble or nubby glass boards. Stop! You're ruining your knives! You should cut on a soft surface, such as plastic or wood. I use plastic boards for fish and meats, but I prefer heavy wood boards for other chopping; they hold still on the counter. I rub them with food-grade mineral oil at least twice a year.

☐ My iTunes

To me, it's not a kitchen without music.

CLOCKWISE, FROM TOP RIGHT: PHOTODISC/ALAMY; KUHN RIKON; STUART TYSON/STUDIO D (3); LDF/ISTOCKPHOTO; JEFFREY WESTBROOK/STUDIO D; STUART TYSON/STUDIO D; MARKO METZINGER/STUDIO D; STUART TYSON/STUDIO D.

Click! Write to Ted at **foodnetwork.com/magazine.**

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Odd Job

Being a **baseball-stadium vendor** is the next best thing to having season tickets.

ADAM KRAUSE.

Yankee Stadium

vendor Robert McKay tells us how he feeds the crowds.

About the goods:
McKay started pushing snacks and drinks at Yankee Stadium in 1976, when peanuts went for just 85 cents a bag; they're $5.50 now. Vendors work on commission, so McKay shows up an hour early on game days to call dibs on top sellers like hot dogs, drinks and peanuts. Candy goes last.

About his sales technique:
McKay has played small parts in movies and on TV shows like *Law & Order,* and he says his outgoing personality helps with sales. That, and tossing the food to the buyers. "People love to catch things," he says. "If they see one person doing it, they want to do it too, so I sell more. But most of the time, I just yell, 'Get your peanuts!' If it ain't broke, don't fix it."

About washout games:
Rainy days aren't necessarily a bad thing: Fans take cover and buy snacks while waiting to see if officials will cancel the game. "People can't stand sitting around doing nothing, so they eat," McKay says.

About the ideal game:
Highly ranked teams and warm temperatures all drive sales. One of McKay's best seasons ever: 2004, during the peak of the Yankees–Red Sox rivalry, when fans took to throwing beer at one another. "It was great for business," he says.

Grilling made better!

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Grilled Swordfish with Eggplant-Tomato Relish—*Serves 4*

Relish—

*4 Tbsp. **Pompeian Extra Virgin Olive Oil***
1 yellow onion, sliced, 1/2-inch thickness
8 ounces eggplant, peeled and cut into 1/2-inch slices
2 medium garlic cloves, minced
1 cup grape tomatoes, quartered
8 pitted Kalamata olives, coarsely chopped
*2 tsp. **Pompeian Balsamic Vinegar***
2 Tbsp. chopped fresh basil

Fish—

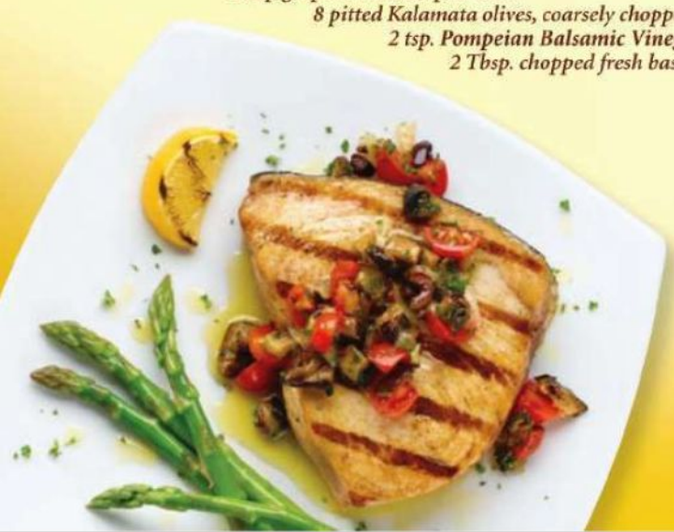
Four 6-oz. swordfish steaks or any firm lean white fish, rinsed and patted dry
*3 Tbsp. **Pompeian Extra Virgin Olive Oil***
1/4 tsp. salt
1 medium lemon, quartered

Preparation—

Preheat grill to medium heat. Brush 2 tablespoons oil on both sides of eggplant and onion slices. Grill onions 1 minute on each side. Place eggplant on grill alongside onion, cook vegetables 3 minutes on each side or until tender. Allow to cool.

Increase grill to high heat. Brush both sides of fish with 3 tablespoons oil, sprinkle with salt and black pepper. Cook fish 3 minutes on each side or until opaque in center.

Meanwhile, chop eggplant and onions and combine with remaining 2 tablespoons of oil and relish ingredients. Serve over fish with lemon wedges.



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Star Kitchen

Guy Fieri knew there was only one way to get the massive, tricked-out kitchen of his dreams: add on to his house. PHOTOGRAPHS BY **DAVE LAURIDSEN**

TV SHOW MEMORABILIA
On top of these cabinets, Guy keeps souvenirs from his travels and places he has visited on *Diners, Drive-ins and Dives.* The autographed pizza peel is from The Original Vito & Nick's Pizzeria in Chicago.

MEGA BURNER
To accommodate oversize cookware, like his 20-gallon jambalaya pot, Guy installed a 27,500 BTU Viking gas wok burner next to his regular range. "The only thing I don't like is waiting for a huge pot of pasta to boil," he says.

PROP STYLING: KORINA MCALISTER; GROOMING: ARIEL RAMIREZ.

Believe it or not, Guy Fieri—the megastar chef with four TV shows, five restaurants and two best-selling cookbooks—has lived in the same Northern California house for 14 years. He and his wife, Lori, bought it when they were expecting their first son, Hunter. "It's important to me that the kids grow up in the house we had when they were born," Guy says. So as the family grew (son Ryder is 4), the house grew, too: from 1,700 to 3,900 square feet, including a new 900-square-foot kitchen addition. His dad, a builder, headed the project, which took a year to finish. "It drove Lori nuts," Guy says. But he promises he's done: "I don't know what else we can do. We built the ultimate kitchen."

HIS AND HER REFRIGERATORS

A quick peek inside the fridges reveals whose is whose. Lori's, on the left, holds snacks for the kids, groceries for dinner and some white wine, while Guy's is filled with beef jerky, beer, condiments and ingredients for recipe testing. Both fridges have self-closing doors. "Nothing drives me crazier than the sound of slamming doors," Guy says.

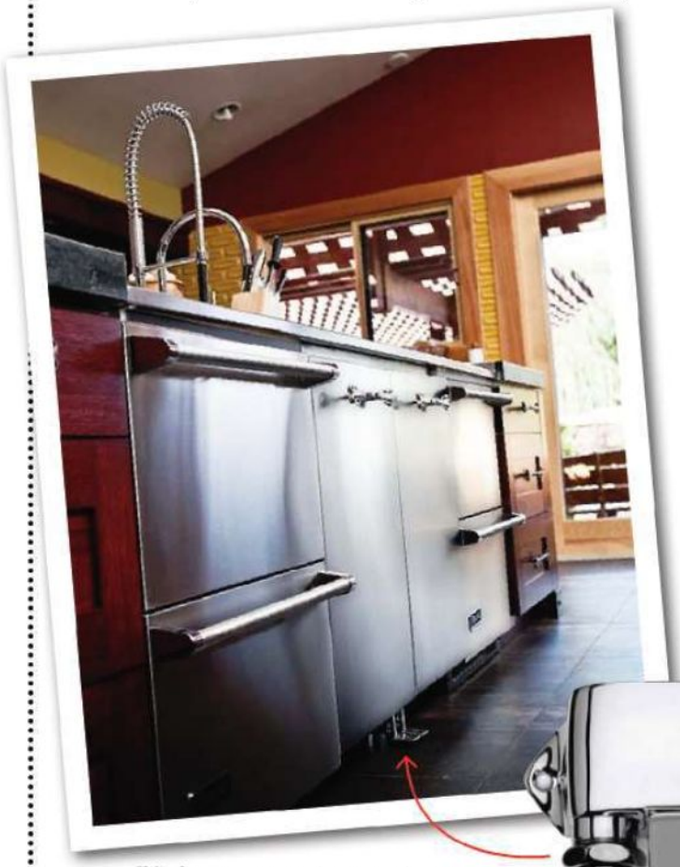
RECLAIMED BARN WOOD

Guy is all about natural light—his home has 19 skylights—and wood. This counter, made from salvaged barn wood, doubles as front-row seating when he entertains: "The wives sit here and watch while the guys cook," he says.

Turn the page to get Guy's look.

Get the Look

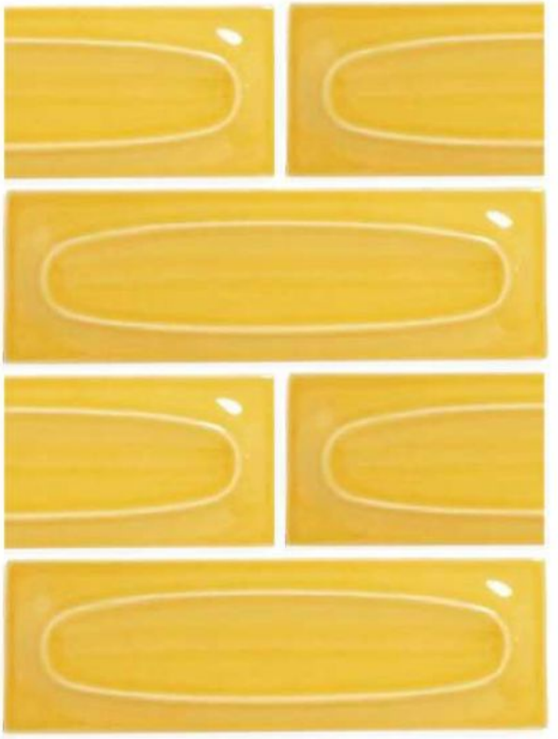
Pick up some of Guy's finds for your own kitchen.



At home and in his restaurants, Guy keeps condiments and sauces in plastic **squeeze bottles** so he doesn't have to deal with screw caps or shattered glass. *$20 for four 12-ounce bottles; guyfieri.com*

"Nothing's worse than touching a faucet with some nasty raw chicken on your hands," Guy says. He installed hospital-style **foot pedals** similar to these so he can operate his sink hands-free. The installation is a surprisingly simple plumbing job. *$143; chicagofaucetshoppe.com*

Guy joked that before our photo shoot, he and Lori had to negotiate about what they were going to have out in the kitchen. "Lori makes fun of me because I like weird stuff, but she doesn't cook, so I get to fill the kitchen with my stuff." His **wooden pig**, similar to this one, made the cut for the shoot. *$69, IMAX; csnstores.com*



The chef chose these **oval tiles** in the color New Mango because they reminded him of butter dishes. *$77 per square foot; heathceramics.com*

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Guy asked two of his favorite quarterbacks—the Oakland Raiders' Ken Stabler and the Los Angeles Rams' Vince Ferragamo—to autograph his kitchen, and they sketched a favorite play. Add something similar to your kitchen with this **football play** print. *$145 framed, by Howard Sokol; art.com*

Guy's Ecast digital jukebox (above) holds 250,000 songs and links to the Web for even more. "We have rules for it, or else Hunter will be out here blasting music at 7 a.m.," he says. His model is made for restaurants, but you can hook up this **Wi-Fi Internet radio** and play music from more than 11,000 stations around the world. *$150, IS9181; vtechphones.com*

Guy's **bendable spray faucet,** similar to this one, makes cleaning big, cumbersome pots easy. *$249, Hjuvik; ikea.com*

This **natural wood pizza peel** looks a lot like the one Guy picked up at a Chicago pizzeria. Get your friends to autograph it after a pizza party. *$26, Thunder Group; amazon.com*

Guy always keeps a few **pepper mills** near the stove; this one, made with Honduran rosewood and curly maple, would fit right in with his wood scheme. *$165 (discounted for* Food Network Magazine *readers); thepensmith.com*

PRODUCTS: STUART TYSON/STUDIO D. FAUCET: IKEA.

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Photographer: Romina Hierro, Restaurant Los Danzantes, Oaxaca

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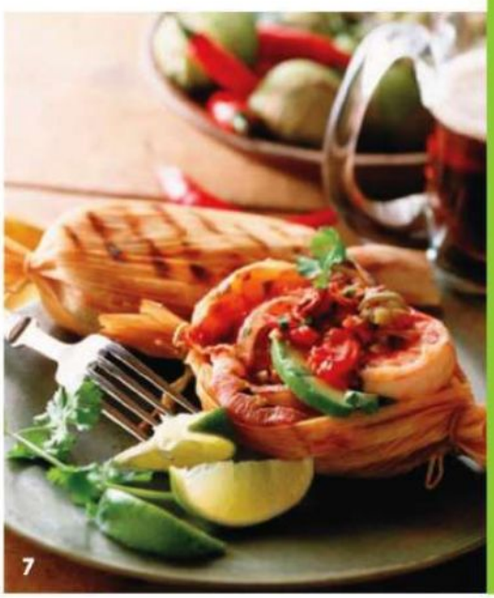

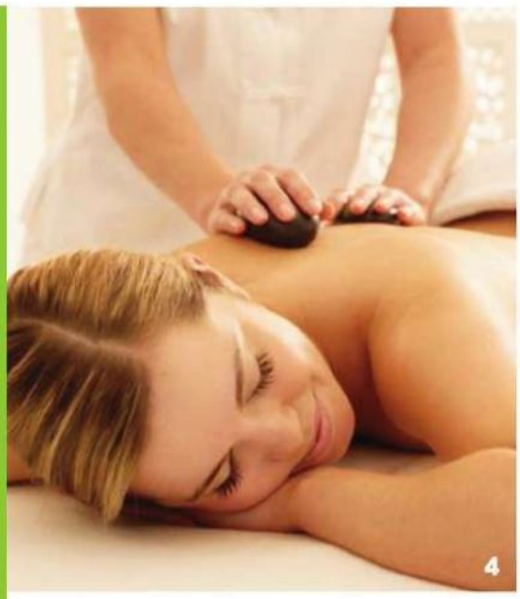

Long renowned for rich cultural traditions, Mexico surprises many today with metropolitan centers that sparkle with world-class contemporary art, modern dining and hotels that redefine sophisticated travel. Here, we invite you to take a long wekend to discover the unexpectedly eclectic cities of Puebla, Morelia and Oaxaca.

CLOCKWISE FROM TOP LEFT:
1. Restaurante Los Danzantes: spectacular Mexican fusion food served on a modern, adobe brick patio. 2. La Purificadora hotel boasts contemporary yet luxurious design. 3. The mural at the elegant El Mural de los Poblanos is as dazzling as the food. 4. Luxurious hot stone massages are only a stone's throw away. 5. Oaxaca's Temple restaurant features a lively atmosphere and cutting-edge cuisine. 6. Bring the flavors of Mexico home by taking a cooking class. 7. Enjoy globally influenced Mexican high-cuisine.

Mexico's celebrated cuisine is prepared under strict standards for quality and hygiene established by the ministry of health.

SURPRISING PUEBLA CITY

Your first taste of Puebla's award-winning food and splendid architecture will resonate forever. The magic begins when you check into one of its many chic hotels. **La Purificadora** defines minimalist luxury with its spectacular rooftop terrace and 100-foot pool, while the majestic **Presidente InterContinental Puebla** offers some of the city's finest restaurants and boutiques.

DAY 1 For a taste of fine artisan wonders, stroll the radiant street stalls—and markets like **La Victoria**—to take in (and home) local antiques and delicate Talavera pottery. Then embark on a culinary adventure with the innovative creations of Chef Lizette Galicia at the elegant **El Mural de los Poblanos**.

DAY 2 A great day to play 18 holes at La Vista Country Club, created by world-class designer Abraham Garcia López. Then head to the **El Sueño Hotel & Spa** and treat yourself to a luxurious three-hour full-body massage, exfoliation and wrap.

DAY 3 Start the day with a Swedish massage—and a view of the Angelopolitana Cathedral—at **El Sueño ("Dream") Hotel & Spa**. And end it at the infamous **La Pasita**—a tiny, hidden bar serving liquor made from raisins served in a shot glass with cheese.

Enjoy Mexico's savory sauces and mole at home! Learn the delicious art at the highly regarded Mesón Sacristía Cooking School.

MODERN MORELIA

Home to one of Mexico's largest universities, Morelia is teeming with art, music and theater. **Hotel Los Juaninos**' elegant mix of Mexican colonial, neoclassical and contemporary design will excite architecture buffs, as well.

DAY 1 Stop to smell the roses at **Orquidario of Morelia**, a botanical garden that also houses over 3,400 species of orchids. Then give your ears an equal treat with a concert by the Morelia Boys Choir at the spectacular **Conservatory of the Roses** before falling asleep with the spectacular city views of **Villa San José Hotel & Suites** spread out before you.

DAY 2 After breakfast at your Morelia retreat, encounter greatness at the **Alfredo Zalce Museum of Contemporary Art**, home of works by renowned painters Alfredo Zalce and Efraín Vargas. Your love of art now satiated, head to **La Azotea in Los Juaninos Hotel** to savor the stunning view and globally influenced Mexican high-cuisine.

DAY 3 Spend today exploring the city's wild side at **Benito Juárez Zoological Park**, an urban oasis world-renowned for its variety of animals and glistening 75-acre lake. Later, as the sun sets, enjoy the striking city view and astonishing food at **La Fonda Santa María** at Villa San José Hotel & Suites.

Discover beautiful keepsakes and traditional confections, including the eggnog-like *rompope*, at the Sweets and Handicrafts Market.

OUT-OF-THE-ORDINARY OAXACA

Oaxaca is one of the most vibrant capital cities. And the seamless union between traditional Mexico and its modern spirit is embodied by both the opulent warmth of the five-star **Camino Real Oaxaca Hotel** and the inviting hospitality and exquisite architecture of **Hotel Hacienda Los Laureles-Spa**.

DAY 1 Take in the endless varieties of chiles, lush prickly pears, and vibrant beans at the Abastos market and you'll understand why Oaxaca is considered by many locals to be Mexico's culinary capital. Then dive into the vibrant, friendly atmosphere and cutting-edge cuisine at **Temple**.

DAY 2 Get inspired today at **The Museum of Contemporary Art of Oaxaca** by admiring the finest in Mexican and international modern art. Later, head to **Los Arquitos**, a neighborhood where, among the restaurants and shops thriving in the archways of a defunct aqueduct, **Cineclub El Pochote** screens classic and contemporary films from around the world.

DAY 3 Take a short trip to the modern (and far-off-the beathen-path) **Nundehui Planetarium**, where you can experience the lunar surface, glyphics of Zapoteco and more. Later, enjoy stellar Mexican fusion cuisine in a striking architectural setting among cool pools of water half open to the sky at **Los Dazantes**.

Immerse yourself in the exotic flavors—and charming people—of the Etla market, with a day tour and a five-course cooking class courtesy of Seasons of My Heart Cooking School.

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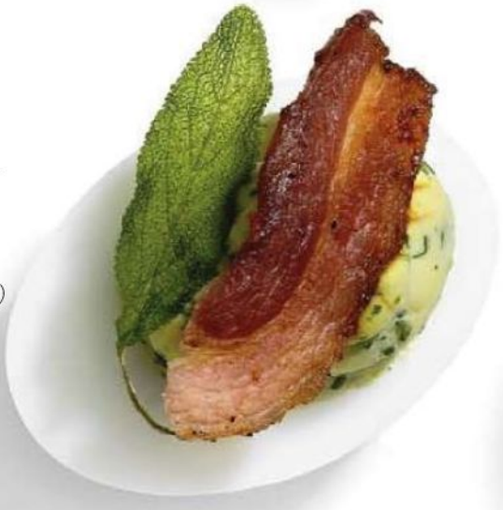
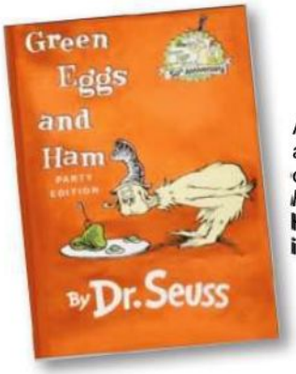
Fun Cooking

Check out these **green eggs and ham.** Then, judge a sundae showdown and try dozens of hot dog toppings.

Seuss Chefs

Dr. Seuss' *Green Eggs and Ham* hit bookstores 50 years ago this August, and kids immediately took to the tale about picky eaters. Now, chefs who grew up with the book are making modern versions of the namesake dish. At the new **ChurchKey** restaurant in Washington, D.C. *(1337 14th St. N.W.; churchkeydc.com)*, Kyle Bailey uses fresh herbs to make green deviled duck eggs with duck pancetta (pictured). In Key West, FL, **Square One Restaurant** *(1075 Duval St.; squareonerestaurant.com)* serves bacon-wrapped scallops with wasabi tobiko—green fish eggs. And in Los Angeles, **Mustard Seed Cafe** *(1948 N. Hillhurst Ave.; mslosfeliz.com)* serves "Green Eggs and Sam," eggs scrambled with pesto alongside grilled salmon.





A special 50th-anniversary edition of *Green Eggs and Ham* ($9; Random House) hits stores in August.

FOOD PHOTO: CHARLES MASTERS; FOOD STYLING: BRETT KURZWEIL BOOK: STUART TYSON/STUDIO D.

face-off

"You'll be glad you took the extra steps to make the sauce and toast the pecans, I promise!"

He Made

BOBBY FLAY'S CRUSHED-BLACKBERRY SUNDAES WITH CARAMEL SAUCE

ACTIVE: 30 min | TOTAL: 50 min | SERVES: 4

FOR THE BLACKBERRIES

- 2 pints blackberries
- ¼ cup sugar
- ¼ cup cassis liqueur

Bobby's secret weapon

FOR THE CARAMEL SAUCE

- 1 cup heavy cream
- ½ vanilla bean, split lengthwise and seeds scraped
- 1½ cups sugar
- 1 tablespoon cold unsalted butter
- Pinch of salt

FOR THE SUNDAES

- 1 quart vanilla ice cream
- 1 cup pecans, toasted, cooled and roughly chopped
- Freshly whipped cream

1. Prepare the blackberries: Combine the blackberries, sugar and cassis in a bowl. Let sit at room temperature for 30 minutes, then crush with a fork.

2. Meanwhile, make the caramel sauce: Combine the cream and vanilla pod and seeds in a small saucepan and bring to a simmer over medium heat. Remove from the heat.

3. Whisk the sugar and ½ cup water in a medium nonreactive saucepan over high heat. Cook until dark golden brown, 10 to 12 minutes. Remove from the heat and slowly add the vanilla-infused cream (it will splatter), stirring constantly with a wooden spoon. Return to the heat and cook until smooth. Remove from the heat, discard the vanilla pod and stir in the butter and salt.

4. For each sundae, place a scoop of ice cream in a parfait glass and top with caramel sauce, blackberries and pecans. Repeat 2 more times and top with whipped cream.

FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

She Made

We challenged superstars **Bobby Flay** and **Rachael Ray** to a sundae showdown. Who is the ice cream champion?

"The nutty flavor of my sundae is rich and delicious!"

RACHAEL RAY'S FIGGY SUNDAES

ACTIVE: 10 min | TOTAL: 10 min
SERVES: 4

- 1 cup chopped nuts, such as hazelnuts
- 1 cup chocolate-hazelnut spread (such as Nutella)
- 2 pints rum-raisin ice cream
- 12 soft fig-cake cookies (such as Fig Newtons), sliced
- Whipped cream, from a canister

1. Toast the nuts over low heat in a small pan. Warm the chocolate-hazelnut spread in the microwave until it has the consistency of hot fudge sauce, 40 seconds to 1 minute.
2. In sundae cups or small bowls, layer ice cream with sliced cookies, toasted nuts and chocolate-hazelnut sauce. Garnish with a twist of whipped cream from a canister.

Look for Bobby and Rachael on Food Network's new sister network, Cooking Channel.

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Grilled Southwest Flank Steak

Roasted Herb & Garlic Crusted Pork

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Grilled Southwest Flank Steak with Roasted Red Pepper and Avocado with BUSH'S® BLACK BEAN FIESTA GRILLIN' BEANS®

SERVES: 4–6

- **1 flank steak, about 1½ pounds**
- **Kosher salt and freshly ground black pepper**
- **3 Tbsp extra-virgin olive oil**
- **2 Tbsp red wine vinegar**
- **1 roasted red pepper, diced**
- **½ small red onion, diced**
- **2 avocados, halved, pitted and diced**
- **1 Tbsp chopped cilantro**
- **2 romaine hearts, cut into spears**
- **BUSH'S® BLACK BEAN FIESTA GRILLIN' BEANS®**

DIRECTIONS:

1. Preheat a grill to high. Once heated, brush grates lightly with oil. Season the steak with salt and pepper to taste. Grill the steak until slightly charred and crisp and a thermometer inserted horizontally into the meat registers 130° for medium-rare, 7–8 minutes per side. Set on a cutting board to rest for 10 minutes before slicing. **2.** Whisk the olive oil, ½ teaspoon salt and the vinegar together in a bowl. Toss with pepper and onion; gently fold in the avocados and cilantro. **3.** Slice the steak against the grain, divide among plates over romaine, top with the pepper and avocados. Serve with **BUSH'S® BLACK BEAN FIESTA GRILLIN' BEANS®**.

Grilled Chicken Breast Tostada and Lime Crema with BUSH'S® TEXAS RANCHERO GRILLIN' BEANS®

SERVES: 4

- **2 limes**
- **3 Tbsp extra-virgin olive oil**
- **1 small clove garlic, finely minced**
- **2 boneless, skinless chicken breasts, about 1 pound**
- **Kosher salt and freshly ground black pepper**
- **2 medium tomatoes, diced**
- **¼ white onion, diced**
- **1½ Tbsp chopped cilantro**
- **1 cup sour cream**
- **4 6-inch corn tortillas**
- **1 avocado, halved, pitted and diced**
- **BUSH'S® TEXAS RANCHERO GRILLIN' BEANS®**

DIRECTIONS:

1. Combine juice of 1 lime, the olive oil and half the garlic in a shallow bowl; season with salt and pepper to taste. Add chicken, turn to coat. **2.** Mix the tomatoes, onion, cilantro and remaining garlic in bowl. In another bowl, blend the sour cream with the finely grated zest and juice of remaining lime. Season sauces with salt and pepper to taste. **3.** Preheat a grill to high. Grill chicken, turning once, 4–6 minutes per side. Transfer to cutting board, slice. Brush the tortillas with olive oil and toast on grill, 30 seconds a side. Transfer to a platter and season with salt. Spread some avocado on each tortilla, top with chicken, tomatoes and crema. Serve with **BUSH'S® TEXAS RANCHERO GRILLIN' BEANS®**.

GRILLING TIPS: Along with Bush's® Grillin' Beans®, these savvy tips can make your cookout stand out.

- A cotton towel dipped in vegetable oil is the simplest way to oil up your grill and avoid flare-ups.
- For deliciously cooked chicken, avoid searing the skin (as you would with steak). It prevents the center from cooking thoroughly.
- If you're cooking over charcoal, leave a small space unheated so that you have space to move food that's cooking too fast.

www.bushbeans.com

Roasted Herb and Garlic Crusted Pork Loin and Honey Mustard with BUSH'S® BLACK BEAN FIESTA GRILLIN' BEANS®

SERVES: 4–6

- **2 Tbsp olive oil**
- **1½ pounds boneless pork loin**
- **Kosher salt and freshly ground black pepper**
- **2 Tbsp unsalted butter**
- **1½ tsp minced rosemary**
- **1 Tbsp chopped thyme**
- **1 Tbsp chopped parsley**
- **1 clove garlic, minced, plus 2 heads**
- **1 cup panko breadcrumbs**
- **⅓ cup plus 2 Tbsp Dijon mustard**
- **3 Tbsp honey**
- **BUSH'S® BLACK BEAN FIESTA GRILLIN' BEANS®**

DIRECTIONS:

1. Preheat oven to 375°. Season pork with salt and pepper. Heat ovenproof skillet over medium-high heat. Add olive oil, sear pork, turning until brown on all sides. Transfer to a cutting board. Reserve pan. **2.** Reduce heat to medium, add butter, herbs, minced garlic, stirring until fragrant, about 1 minute. Stir in breadcrumbs and 1 teaspoon salt; toast until golden, about 2 minutes. Transfer breadcrumbs to a piece of wax paper. **3.** Brush pork with 2 tablespoons mustard and roll in toasted bread crumbs. Return pork to pan. Halve garlic heads crosswise, add to pan. Roast until center of pork reaches 145°, about 45 minutes. Transfer to cutting board to rest. **4.** Place pan over medium-low heat, add ¼ cup water, honey and ⅓ cup Dijon, stirring with a wooden spoon. Simmer until slightly thickened, about 2 minutes. Slice pork and serve with the garlic, Honey Mustard sauce and **BUSH'S® BLACK BEAN FIESTA GRILLIN' BEANS®**.

Copy That!

top secret

The recipe for **Chick-fil-A's** famous chicken sandwich is a closely guarded corporate secret, but Food Network Kitchens created this perfect copy.

ALMOST-FAMOUS CHICKEN SANDWICHES

ACTIVE: 30 min | TOTAL: 30 min | MAKES: 4 sandwiches

- 2 skinless, boneless chicken breasts (about 6 ounces each)
- Kosher salt and freshly ground pepper
- 1 teaspoon paprika
- Peanut oil, for frying
- 1 large egg
- ½ cup nonfat milk
- ¾ cup all-purpose flour
- ¼ cup whole-wheat flour
- 1 tablespoon malted milk powder
- 1 tablespoon plus 1 teaspoon confectioners' sugar
- ¼ teaspoon baking soda
- ¼ teaspoon dry mustard
- 1 sour pickle, cut into 8 slices, plus 1 tablespoon pickle juice from the jar
- 2 teaspoons white vinegar
- 4 soft hamburger buns, split
- 1 tablespoon unsalted butter, softened

1. Cut the chicken breasts in half horizontally to make 4 thin cutlets. Place the cutlets between 2 pieces of heavy-duty plastic wrap and pound to ⅛-inch thick with a mallet or heavy skillet. Season the chicken with 1 teaspoon salt and ½ teaspoon each pepper and paprika.
2. Heat about 2 inches peanut oil in a heavy-bottomed pot over medium heat until a deep-fry thermometer registers 325°. Meanwhile, whisk the egg, milk and 2 tablespoons water in a baking dish. Whisk both flours, the malted milk powder, confectioners' sugar, baking soda, dry mustard, the remaining ½ teaspoon paprika and 1 teaspoon each salt and pepper in another dish. Toss the pickle slices, pickle juice and vinegar in a bowl and set aside.
3. Working in batches, dip the chicken in the egg mixture, turning to coat, then dredge in the flour mixture and shake off any excess. Fry the chicken in the hot oil until golden brown, about 4 minutes, adjusting the heat as needed. Drain on paper towels.
4. Heat a large skillet over medium heat. Spread the cut sides of the buns with some of the butter and lightly toast in the skillet, buttered-side down; spread with more butter. Put 2 pickle slices on each bun bottom; top with a piece of chicken and cover with the bun tops.

The founder of Chick-fil-A, Truett Cathy, claims that he invented the chicken sandwich, and while we can't be sure he was the first person to put chicken between bread, we *can* give him credit for turning his own version into a cult phenomenon. People—including a few editors at this magazine—are fanatical about the chain's simple sandwich: a piece of fried chicken breast served with two pickle chips on a buttered, toasted bun. Apparently, the secret's in the seasoning, as the chefs in Food Network Kitchens discovered while re-creating the recipe. This one's for Karina Wang from Perris, CA, and all the other readers who have been begging for the recipe.

FOOD PHOTO: KATE SEARS; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAM MORRIS. STATIONERY, POLAROID AND CLIPS: ISTOCKPHOTO.

Click! Tell us which secret recipe we should copy next at **foodnetwork.com/magazine.**

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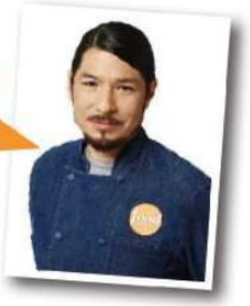
challenge

Out of the Box

Three chefs from Food Network Kitchens put a new spin on a refrigerator staple: **cottage cheese.**

"Cottage cheese is the perfect substitute for paneer, a fresh Indian cheese traditionally used in these fritters."
—SANTOS LOO



SANTOS' CURRIED POTATO FRITTERS

ACTIVE: 30 min | TOTAL: 30 min
MAKES: about 24 fritters

- 2 medium russet potatoes
- 1 cup 4% cottage cheese
- ½ cup frozen peas, thawed
- 2 teaspoons Madras curry powder
- 1 cup plus 2 tablespoons all-purpose flour
- Kosher salt
- Vegetable oil, for frying
- 4 large eggs
- 2 cups panko (Japanese breadcrumbs)
- Mango or tomato chutney, for serving

1. Prick the potatoes all over with a fork and microwave until tender, 8 to 10 minutes. Peel the potatoes, then transfer to a large bowl and mash with a fork until almost smooth. Mix in the cottage cheese, peas, curry powder, 2 tablespoons flour and 2 teaspoons salt. Let cool to room temperature.

2. Heat about 2 inches vegetable oil in a heavy-bottomed pot over medium-high heat until a deep-fry thermometer registers 375°. Meanwhile, whisk the eggs in a shallow bowl. Put 1 cup flour in another bowl and the panko in a third bowl.

3. Form the potato mixture into about 24 golf ball–size portions, then gently flatten into 2-inch patties. Dredge each patty in the flour, shake off any excess, dip in the eggs, then dredge in the panko, turning to coat. Fry the patties in batches until golden, turning as needed, 1 to 2 minutes. Transfer to a paper towel–lined plate using a slotted spoon. Serve with chutney.

FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. COTTAGE CHEESE: JEFFREY WESTBROOK/STUDIO D. PORTRAITS: BEN GOLDSTEIN/STUDIO D.

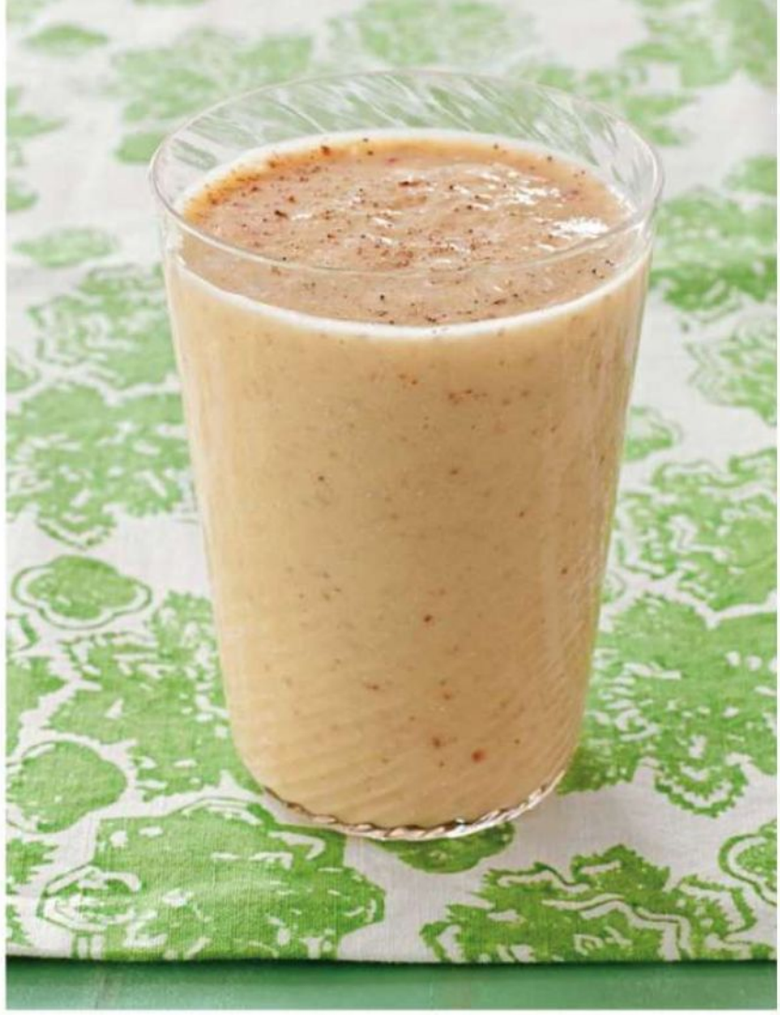
"I used cottage cheese in place of yogurt for my smoothie. Blended with peaches, it's a summer classic!"
—LEAH BRICKLEY

LEAH'S PEACHY-KEEN SMOOTHIES

ACTIVE: 10 min | TOTAL: 10 min | MAKES: 4 smoothies

- 2 ripe peaches, halved, pitted and cut into chunks (with skins)
- 1 cup 2% or 4% cottage cheese
- ½ cup reduced-fat milk
- 3 to 4 tablespoons honey
- 2 tablespoons fresh lemon juice
- Salt
- Pinch of freshly grated nutmeg, plus more for sprinkling

Puree the peaches, cottage cheese, milk, honey, lemon juice, a pinch of salt, the nutmeg and 2 cups ice in a blender until smooth, 2 to 3 minutes. Divide among glasses and sprinkle with more nutmeg.



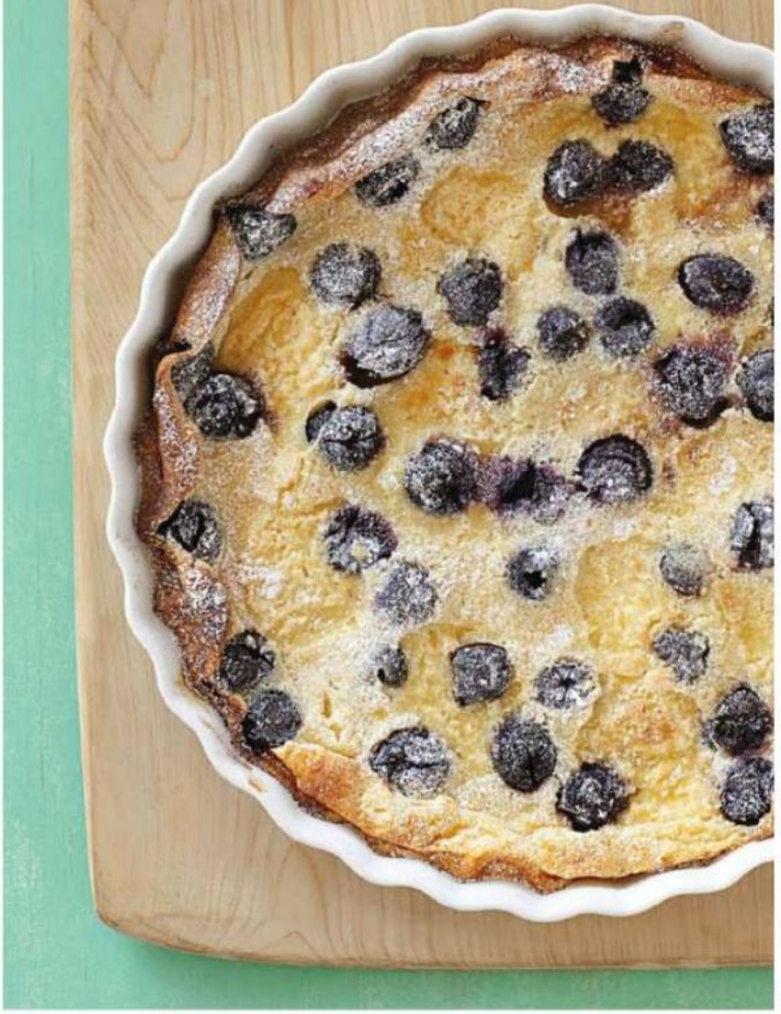
"Cottage cheese gives this French dessert a sweet-and-savory flavor, like a fresh cheese danish."
—SARAH COPELAND

SARAH'S CHERRY CLAFOUTIS

ACTIVE: 15 min | TOTAL: 55 min | SERVES: 8

- 2 tablespoons unsalted butter, thinly sliced, plus more for the dish
- 1 pound (2 cups) fresh cherries, pitted (or one 10-ounce bag frozen cherries, thawed and patted dry)
- 3 large eggs
- 1¼ cups half-and-half
- ½ cup 4% cottage cheese
- ½ cup plus 2 tablespoons granulated sugar
- ½ cup all-purpose flour
- Confectioners' sugar, for dusting

1. Preheat the oven to 375°. Butter an 11-inch-round baking dish and spread the cherries evenly over the bottom.
2. Whisk the eggs, half-and-half, cottage cheese, ½ cup granulated sugar and the flour in a bowl until combined. Pour the batter over the cherries, sprinkle with the remaining 2 tablespoons granulated sugar and scatter the sliced butter on top.
3. Bake until puffed and golden around the edges, about 40 minutes. Cool slightly, then dust with confectioners' sugar.



challenge

Lighten Up

We took the guilt out of a deep-fried favorite: **fish and chips.**

BAKED FISH AND CHIPS

ACTIVE: 30 min | TOTAL: 45 min | SERVES: 4

FOR THE CHIPS
- 3 medium russet potatoes (1¼ pounds)
- ¼ cup extra-virgin olive oil
- Pinch of cayenne pepper
- Kosher salt

FOR THE FISH
- Olive oil cooking spray
- 2¾ cups crispy rice cereal
- Kosher salt and freshly ground black pepper
- 3 large egg whites
- 1½ pounds skinless, boneless pollock (or other firm white fish), cut into 2-by-4-inch pieces
- Tartar sauce and/or malt vinegar, for serving (optional)

1. Position racks in the upper and lower thirds of the oven and preheat to 450° using the convection setting, if available. Place a baking sheet on one of the racks to preheat.
2. Prepare the chips: Cut the potatoes into ¼-inch-thick sticks. Toss with the olive oil and cayenne in a bowl. Carefully remove the hot baking sheet from the oven, add the potatoes and spread in an even layer. Use a rubber spatula to scrape any oil from the bowl over the potatoes. Bake on the top oven rack, turning once, until browned and crisp, 25 to 30 minutes. Season with salt.
3. Meanwhile, make the fish: Set a wire rack on a baking sheet and coat with cooking spray. Lightly crush the cereal in a bowl with your fingers. Add 2 teaspoons salt, and black pepper to taste. In another bowl, whisk the egg whites and a pinch of salt until frothy.
4. Dip the fish in the egg whites, then roll in the cereal crumbs to coat. Place the fish pieces on the rack (position them on their sides so that the majority of the crust is exposed) and mist with cooking spray.
5. Bake the fish on the bottom oven rack until crisp and just cooked through, about 12 minutes. Season with salt and black pepper. Serve the fish and chips with tartar sauce and/or malt vinegar, if desired.

Per serving: **Calories** 442; **Fat** 15 g (**Saturated** 2 g); **Cholesterol** 63 mg; **Sodium** 1,015 mg; **Carbohydrate** 37 g; **Fiber** 2 g; **Protein** 37 g

We trimmed 144 calories and 12 g fat off the average restaurant-style fish and chips.

PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN.

Trim Down Your Tartar Sauce

Just 2 tablespoons of store-bought tartar sauce has about 12 g fat. Our version is fat-free: Mix ⅔ cup nonfat Greek yogurt and 3 tablespoons sweet pickle relish with a splash each of lemon juice and hot sauce; season with salt. Cover and chill 10 minutes.

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HOT DOG!

We dreamed up so many hot dog toppings, you'll never have to eat one naked again.

PHOTOGRAPHS BY **KARL JUENGEL**

Chicago Dogs Serve boiled hot dogs on poppy-seed buns with dill pickle and cucumber spears, sliced tomatoes, sweet pickle relish, pickled peppers, diced onion and yellow mustard. Sprinkle with celery salt.

Vidalia Dogs Season a bowl of flour with salt and paprika. Soak a thinly sliced Vidalia onion in buttermilk, then dredge in the flour and deep-fry in 365° vegetable oil until crisp; season with salt. Serve boiled hot dogs on soft buns with the onions and barbecue sauce.

Low-Country Dogs Boil 1 cup diced potatoes in a pot of water with ¼ cup Old Bay Seasoning until tender. Add hot dogs and cook 5 minutes, then add 1 cup corn kernels and cook 2 more minutes; drain. Separate mini potato buns into rows and split open; fill with the hot dogs, potatoes and corn.

Corn Dogs Mix ½ cup each flour and cornmeal, 1 teaspoon baking powder and a pinch each of sugar, salt and dry mustard. Whisk in ½ cup milk and 1 egg. Insert sticks into hot dogs, dredge in flour, then dip in the batter; deep-fry in 365° vegetable oil until golden.

Taco Dogs Wrap grilled halved hot dogs in grilled flour tortillas; top with shredded cheddar, lettuce, salsa and sour cream.

STUDIO D. FOOD STYLING: STEPHANA BOTTOM.

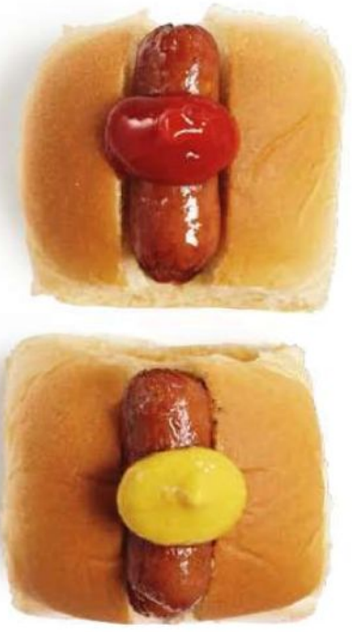
Bruschetta Dogs
Toss 2 diced tomatoes with 1 chopped garlic clove, 1 tablespoon balsamic vinegar, 2 tablespoons olive oil, some torn basil and salt. Serve grilled hot dogs on toasted Italian buns; top with the tomato mixture and drizzle with olive oil.

Chimichanga Dogs Rub hot dogs with chili powder and wrap each in a flour tortilla. Dip in beaten eggs, then dredge in flour and deep-fry in 350° vegetable oil until golden; sprinkle with cheddar and bake at 375° until the cheese melts. Top with salsa, sour cream and jalapeños.

New York Street Dogs
Serve boiled hot dogs on soft buns with sauerkraut and spicy brown mustard.

Pekingese Dogs Sprinkle hot dogs with five-spice powder; grill, brushing with hoisin or plum sauce. Serve on toasted potato buns with sliced cucumbers, scallions, cilantro and more sauce.

Chili Cheese Dogs Tuck grilled hot dogs into soft buns and top with ground-beef chili and shredded cheddar.



Puppy Dogs Serve grilled or boiled mini hot dogs on split-top mini potato rolls. Top with ketchup and/or mustard.

Bacon-Wrapped Splitters
Score hot dogs lengthwise; wrap with bacon and fry in 350° vegetable oil until the bacon is crisp. Serve on soft buns.

BBQ Dogs Grill hot dogs, brushing with barbecue sauce. Serve on toasted buns with coleslaw and more sauce.

BLT Dogs Fry thick bacon strips until crisp, then fry hot dogs in the drippings. Serve on toasted buns with mayonnaise, shredded lettuce, diced tomato and the bacon.

Frito Dogs Serve grilled hot dogs on crusty buns with bean chili, shredded cheddar, pickled jalapeños and crushed Fritos.

Hog-Tied Cheese Dogs Score hot dogs lengthwise; stuff each with a stick of cheddar. Wrap with bacon and grill until crisp. Serve on soft buns with fried onions.

California Dogs Serve boiled tofu dogs on whole-wheat buns with diced avocado and cucumber, sprouts and shredded carrot. Drizzle with green goddess salad dressing.

Pizza Dogs Simmer hot dogs in marinara sauce. Spoon onto toasted buns and sprinkle with grated mozzarella and parmesan, and dried oregano; broil until the cheese melts.

Po'Boy Dogs Serve grilled hot dogs on grilled buns with rémoulade sauce or Creole mustard, shredded romaine and pickled okra. Sprinkle with Creole seasoning.

French Poodles Melt sliced brie on grilled hot dogs; serve on sliced baguette and top with chopped cornichons and dijon mustard.

Jerk Chicken Dogs Sprinkle jerk seasoning on chicken dogs; grill. Serve on grilled buns with lettuce, jalapeños and a mix of equal parts mango chutney, mayonnaise and jerk sauce.

Siberian Huskies Tuck boiled hot dogs into potato buns; top with potato salad, beet horseradish and chopped hard-boiled eggs. Drizzle with Russian dressing.

Hot Diggity Dogs Serve grilled dogs on grilled buns with shredded jalapeño jack cheese and sliced pickled jalapeños.

Sausage-and-Pepper Dogs
Halve hot dogs lengthwise; sauté in olive oil with sliced bell peppers and onions. Add some chopped garlic, a pinch each of cayenne and fennel seeds and a splash of water. Serve on toasted hoagie rolls.

Cuban Dogs Split griddled hot dogs in half lengthwise. Layer on sub rolls with sliced ham, dill pickles, yellow mustard and Swiss cheese. Cook in a panini press or buttered skillet, flattening, until golden.

Curry Dogs Cook ¼ cup each lime juice, brown sugar and pitted dates, ¼ teaspoon each cumin, chili powder and salt, and a splash of water until thick; puree. Brush chicken dogs with vegetable oil, sprinkle with curry powder and grill. Serve on soft buns with the puree, curry snack mix, onion and cilantro.

Onion-Smothered Dogs Sauté 1 sliced onion in vegetable oil; add 3 tablespoons ketchup, ¼ cup red wine vinegar, 1½ cups water, and cayenne and paprika; simmer until thick. Serve on boiled dogs in soft buns.

Boston Terriers Sauté 1 diced onion with ¼ pound chopped bacon. Add 1 cup white beans, ½ cup ketchup, ½ cup water and 1 tablespoon each brown sugar, mustard and cider vinegar; add hot dogs and simmer until thick. Serve on toasted buns.

Surf Dogs Toss ½ cup chopped pineapple with 1 tablespoon each lime juice and diced red onion, red bell pepper and scallion; season with cayenne, salt and black pepper. Grill hot dogs, brushing with teriyaki sauce. Serve on grilled buns with the pineapple salsa.

Philly Dogs Serve grilled hot dogs on hoagie rolls with cheese sauce, sautéed peppers and onions, and a dash of hot sauce.

HOW TO Cook a Hot Dog

GRILL on a hot oiled grate, turning with tongs, until charred, about 5 minutes.

STEAM in a basket set in a pot with a few inches of simmering water, covered, 5 to 7 minutes; add the buns during the last minute.

BOIL in a pot of water or beer, 4 to 6 minutes.

FRY in 1 inch of 350° vegetable oil until swollen and crisp, about 2 minutes. (Score the hot dogs lengthwise first.)

GRIDDLE in a hot cast-iron skillet with a little vegetable oil or butter, about 5 minutes.

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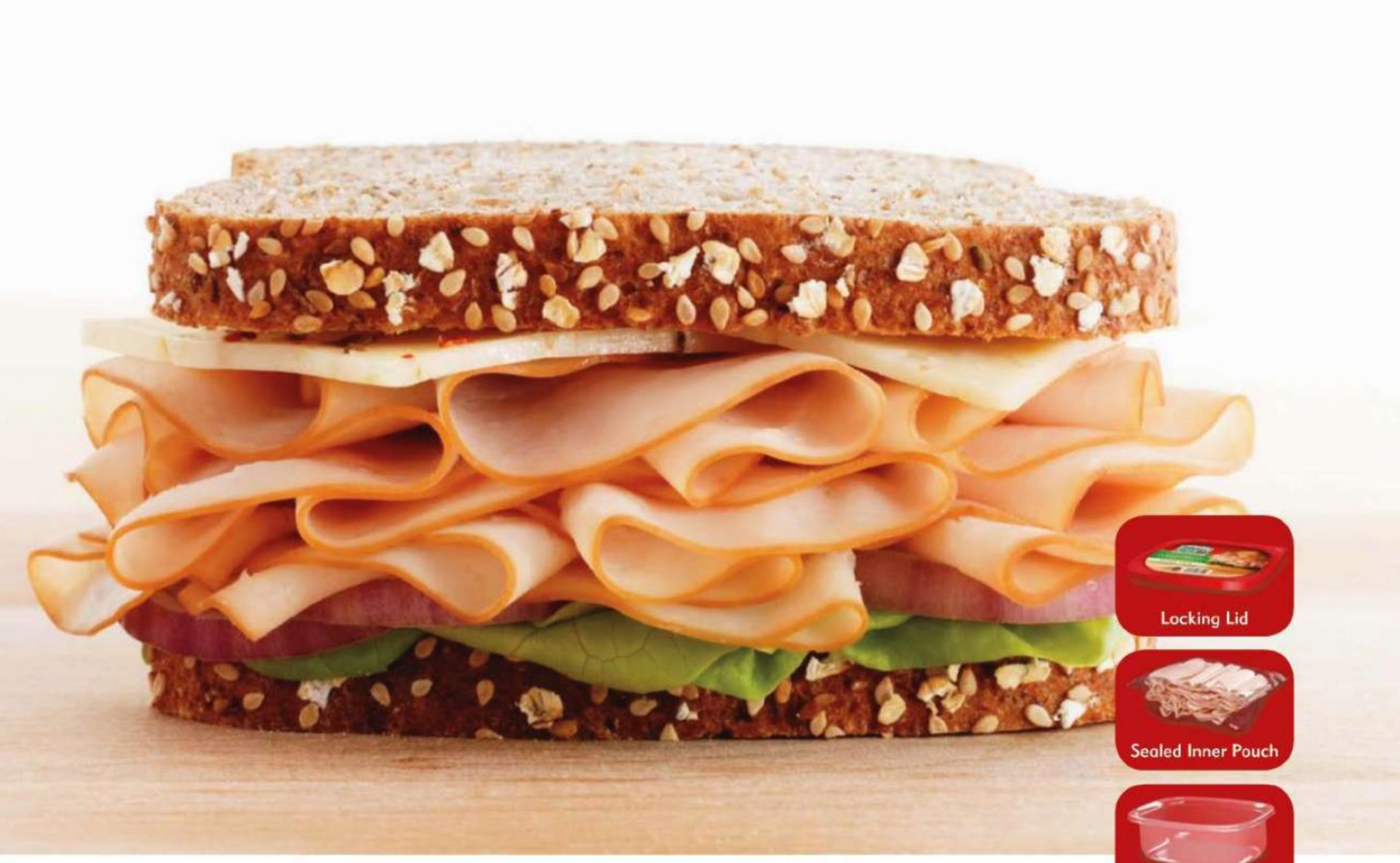
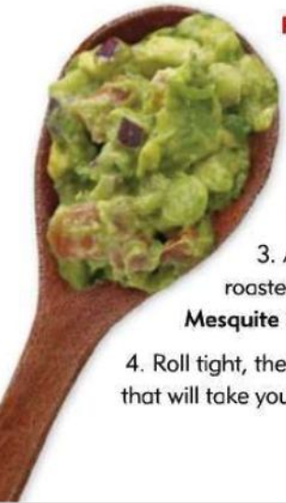
Elevate the Taste of Fun

TURN LUNCHTIME INTO QUALITY TIME



Inviting your kids to help create playful, delicious Hillshire Farm sandwiches is a great way to make healthier eating fun. But be careful! By the time school starts again, your kids might just insist on creating their own fun lunches…all by themselves.



ROLLY GUACAMOLE!

Get your kids excited to eat… in no time flat.

1. Cut the crusts off sliced bread, then flatten with a rolling pin.
2. Smother with creamy guacamole.
3. Add a wholesome layer of slow-roasted **Hillshire Farm® Deli Select® Mesquite Smoked Turkey**.
4. Roll tight, then slice into colorful, fun-filled spirals that will take your kids' taste buds for a spin.

INSIDE-OUT HAM SAMMY DIPPIN' STICKS

For a fresh take on lunch, turn the traditional sandwich inside out.

1. Spread cream cheese on a slice of hearty **Hillshire Farm® Deli Select® Smoked Ham**.
2. Sprinkle with shredded carrots.
3. Put a crisp breadstick at one end and roll it up so the breadstick is on the inside.
4. Make plenty! Your kids will love going for a dip in their favorite sauces.

Fresh sandwich ideas depend on fresh-tasting meat. The unique Hillshire Farm locking lid and sealed inner pouch keep air out and moisture in to deliver fresh taste and quality every time. Teach recycling by example by saving the tub to keep fruit for your kids' lunch as fresh-tasting as our lunchmeat.

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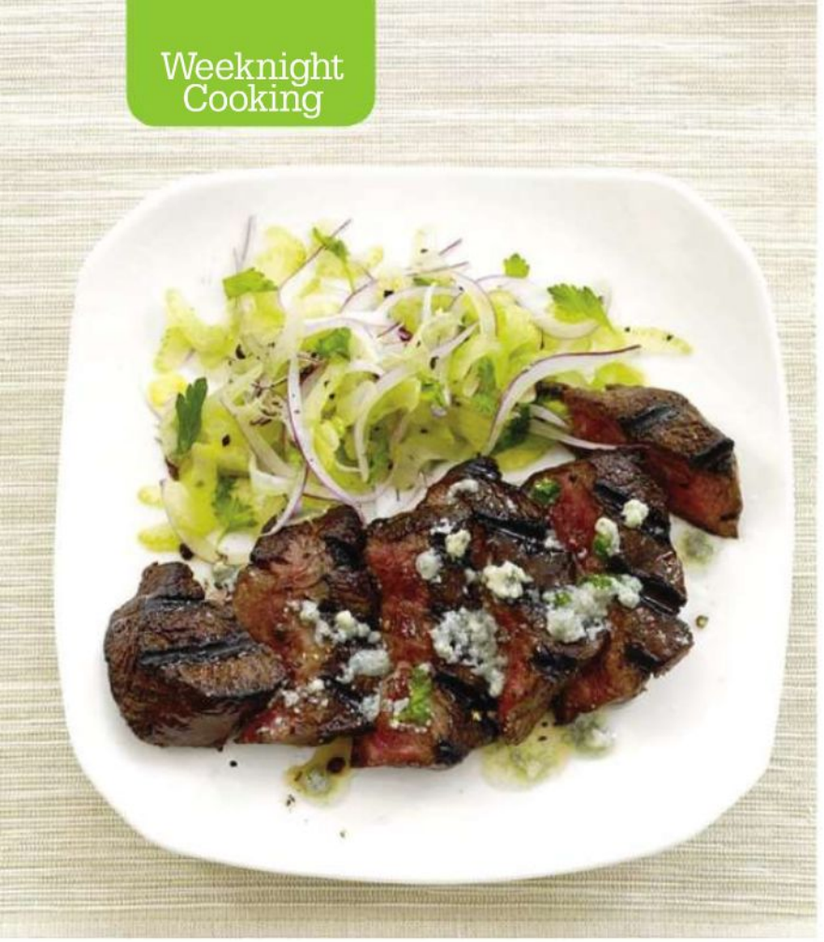
Weeknight Cooking

Try Food Network Kitchens' latest batch of **quick-fix dinners** and simple sides to match.

PHOTOGRAPHS BY **ANTONIS ACHILLEOS**

These shrimp-salad pitas are a low-cal dinner (see page 94).

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.



STEAK WITH BLUE-CHEESE BUTTER AND CELERY SALAD

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- ½ small red onion, thinly sliced
- 4 6-to-7-ounce top blade steaks
- Kosher salt and freshly ground pepper
- 2 tablespoons Worcestershire sauce
- 1 tablespoon hot sauce
- 2 tablespoons unsalted butter, softened
- 3 tablespoons crumbled blue cheese
- 3 tablespoons chopped fresh parsley
- 4 stalks celery, thinly sliced
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 lemon

1. Soak the onion slices in a bowl of cold water, about 10 minutes. Pierce the steaks with a fork and season with salt and pepper. Mix the Worcestershire and hot sauce in a baking dish, add the steaks and turn to coat; set aside while you prepare the butter and salad.
2. Mash the butter, blue cheese and 1 tablespoon parsley in a small bowl and season with salt and pepper. Drain the onion and pat dry, then toss with the celery, 1 tablespoon olive oil and the remaining 2 tablespoons parsley in another bowl. Grate the zest from half of the lemon into the celery mixture and squeeze in all of the juice. Season with salt and pepper and toss.
3. Heat a large cast-iron skillet over high heat, then add the remaining 2 teaspoons olive oil and cook the steaks until browned on the bottom, 3 to 5 minutes. Flip and continue to cook 3 to 5 more minutes for medium-rare. Transfer to a plate and let rest 5 minutes. Top with the blue-cheese butter and serve with the celery salad.

Per serving: **Calories** 448; **Fat** 31 g (**Saturated** 12 g); **Cholesterol** 132 mg; **Sodium** 448 mg; **Carbohydrate** 6 g; **Fiber** 1 g; **Protein** 34 g

OPEN-FACED OMELET WITH ARUGULA SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 3 to 4 tablespoons extra-virgin olive oil
- 2 teaspoons red wine vinegar
- Kosher salt and freshly ground pepper
- 5 cups baby arugula
- ¼ cup pitted kalamata olives, halved
- ½ cup torn roasted red peppers
- 8 large eggs
- 2 tablespoons milk
- 4 ounces feta cheese, crumbled
- 2 ounces thinly sliced prosciutto, pulled apart into thin strips

1. Whisk 2 tablespoons olive oil, the vinegar, ¼ teaspoon salt, and pepper to taste in a medium bowl. Add the arugula, olives and roasted red peppers but don't toss yet (you don't want the arugula to wilt). Set aside while you prepare the omelets.
2. Whisk the eggs, milk and a pinch of salt in a bowl. Heat a medium nonstick skillet over medium heat. Add about 1 teaspoon olive oil, then pour in ½ cup of the egg mixture and stir gently with a rubber spatula to distribute the egg in the bottom of the pan. Cook until the eggs are just set but the underside is not brown, about 4 minutes, then slide the omelet onto a plate. Repeat to make 3 more omelets, adding about 1 more teaspoon oil to the skillet between each.
3. Toss the arugula salad, then pile on top of the omelets. Scatter the feta and prosciutto on top.

Per serving: **Calories** 361; **Fat** 27 g (**Saturated** 8 g); **Cholesterol** 391 mg; **Sodium** 1,061 mg; **Carbohydrate** 6 g; **Fiber** 1 g; **Protein** 21 g

Stork Tip

Zesty Pickleslaw

It's an unwritten rule: no backyard BBQ is complete without coleslaw. But if you want to turn up the heat on a zesty summer favorite, turn that slaw into delicious Vlasic Pickleslaw. Visit us online for the full recipe and other refreshing tips.

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GLAZED HENS WITH CUCUMBER-CANTALOUPE SALAD

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

2 Cornish game hens (about 1½ pounds each)
Kosher salt and freshly ground pepper.
2 to 3 teaspoons Asian chili sauce (such as sambal oelek)
3 tablespoons fresh lime juice
3 tablespoons packed dark brown sugar
3 tablespoons extra-virgin olive oil
½ small cantaloupe
1 shallot
1 English cucumber

1. Preheat the oven to 500°. Season the hens all over with salt and pepper, place on a rack in a roasting pan and roast 15 minutes.
2. Meanwhile, whisk the chili sauce, lime juice, brown sugar, olive oil and 2 teaspoons salt in a measuring cup to dissolve the sugar. Set half of the mixture aside in a bowl for the salad. Baste the hens with some of the remaining dressing, then rotate the pan and continue to cook until the hens are golden and a thermometer inserted into the thickest part of the thigh registers 160°, about 20 more minutes.
3. Meanwhile, peel and thinly slice the cantaloupe and shallot. Peel the cucumber, then halve lengthwise, seed and thinly slice. Toss the cantaloupe, shallot and cucumber with the reserved dressing.
4. Divide the salad among plates. Use kitchen shears to cut each hen in half and place one half on each plate. Drizzle the pan juices over the hens and salad.

Per serving: Calories 508; Fat 34 g (Saturated 8 g); Cholesterol 168 mg; Sodium 159 mg; Carbohydrate 20 g; Fiber 1 g; Protein 30 g

PESTO SALMON AND POTATOES

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 4

1 pound new potatoes, halved
1 bunch fresh basil leaves, plus more for serving
¼ cup hazelnuts
1 clove garlic
4 tablespoons extra-virgin olive oil, plus more for drizzling
1 lemon, plus wedges for garnish
Kosher salt and freshly ground pepper
2 tablespoons plain low-fat yogurt
4 6-ounce skinless wild salmon fillets
2 tablespoons grated pecorino cheese

1. Set up a 2-layer bamboo steamer in a skillet and add enough water to reach the bottom rim; bring the water to a simmer. Or set up a 2-layer electric steamer according to the manufacturer's instructions. Put the potatoes in the bottom tray of the steamer and cook until just tender, about 15 minutes.
2. Meanwhile, put the basil, hazelnuts, garlic and 2 tablespoons olive oil in a blender. Finely grate in the zest from half the lemon and squeeze in all of the juice. Add 3 to 4 tablespoons water and puree. Season with salt and pepper. Transfer to a bowl and stir in the yogurt.
3. After the potatoes have cooked 15 minutes, place the salmon in the top tray of the steamer. Season with salt and pepper and cook until the salmon is opaque, 6 to 8 minutes. Let the fish sit in the steamer off the heat while you transfer the potatoes to a bowl and smash with the remaining 2 tablespoons olive oil and the pecorino; season with salt and pepper. Remove the salmon and top with the pesto and more basil. Serve with the potatoes and lemon wedges.

Per serving: Calories 486; Fat 26 g (Saturated 4 g); Cholesterol 101 mg; Sodium 198 mg; Carbohydrate 18 g; Fiber 3 g; Protein 43 g

We used a 2-layer steamer to cook the salmon and potatoes at the same time. If you don't have one, just steam them separately.

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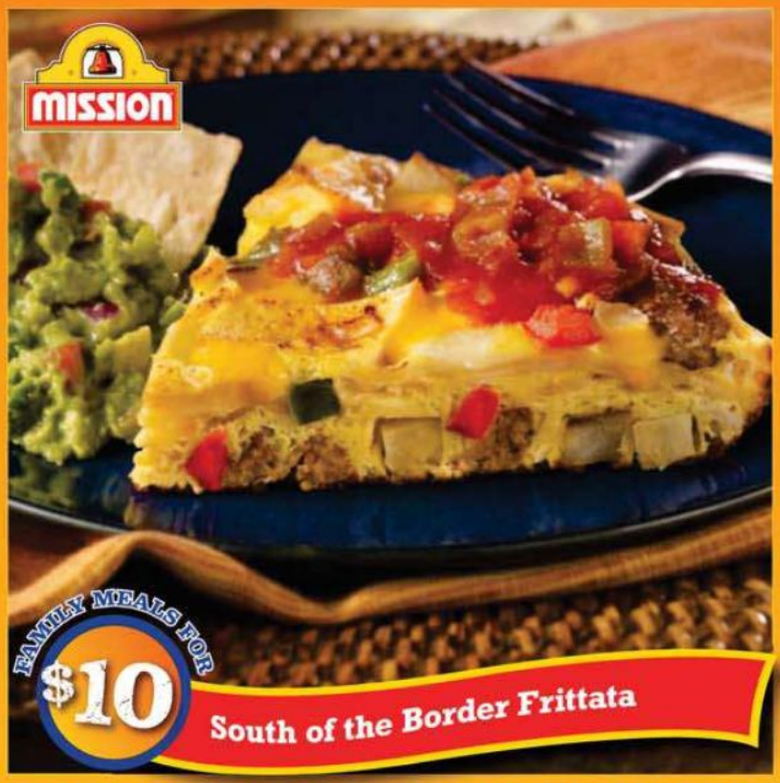

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GLAZED HENS WITH CUCUMBER-CANTALOUPE SALAD

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

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Kosher salt and freshly ground pepper.
2 to 3 teaspoons Asian chili sauce (such as sambal oelek)
3 tablespoons fresh lime juice
3 tablespoons packed dark brown sugar
3 tablespoons extra-virgin olive oil
½ small cantaloupe
1 shallot
1 English cucumber

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2. Meanwhile, whisk the chili sauce, lime juice, brown sugar, olive oil and 2 teaspoons salt in a measuring cup to dissolve the sugar. Set half of the mixture aside in a bowl for the salad. Baste the hens with some of the remaining dressing, then rotate the pan and continue to cook until the hens are golden and a thermometer inserted into the thickest part of the thigh registers 160°, about 20 more minutes.
3. Meanwhile, peel and thinly slice the cantaloupe and shallot. Peel the cucumber, then halve lengthwise, seed and thinly slice. Toss the cantaloupe, shallot and cucumber with the reserved dressing.
4. Divide the salad among plates. Use kitchen shears to cut each hen in half and place one half on each plate. Drizzle the pan juices over the hens and salad.

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PESTO SALMON AND POTATOES

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 4

1 pound new potatoes, halved
1 bunch fresh basil leaves, plus more for serving
¼ cup hazelnuts
1 clove garlic
4 tablespoons extra-virgin olive oil, plus more for drizzling
1 lemon, plus wedges for garnish
Kosher salt and freshly ground pepper
2 tablespoons plain low-fat yogurt
4 6-ounce skinless wild salmon fillets
2 tablespoons grated pecorino cheese

1. Set up a 2-layer bamboo steamer in a skillet and add enough water to reach the bottom rim; bring the water to a simmer. Or set up a 2-layer electric steamer according to the manufacturer's instructions. Put the potatoes in the bottom tray of the steamer and cook until just tender, about 15 minutes.
2. Meanwhile, put the basil, hazelnuts, garlic and 2 tablespoons olive oil in a blender. Finely grate in the zest from half the lemon and squeeze in all of the juice. Add 3 to 4 tablespoons water and puree. Season with salt and pepper. Transfer to a bowl and stir in the yogurt.
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Per serving: Calories 486; Fat 26 g (Saturated 4 g); Cholesterol 101 mg; Sodium 198 mg; Carbohydrate 18 g; Fiber 3 g; Protein 43 g

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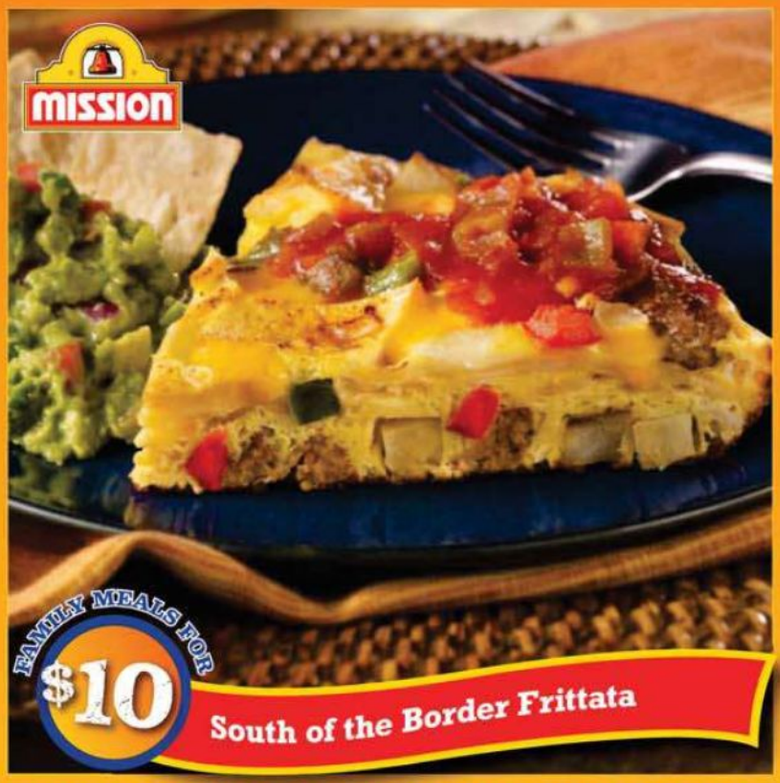

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South of the Border Frittata

SERVES: 5

3	Mission® Small Flour Tortillas, chopped into 1-inch squares
8	Eggs, large
1/3 C	Milk, low fat
1 tsp	Ground Chipotle Pepper
2 tsp	Olive Oil
5	Sausage links, brown and serve low fat, cooked (50% less fat), diced
1 md	Potato, peeled and diced
1 md	Sweet Onion, diced
1/2 C	Green Pepper, diced
1/2 C	Mission® salsa (hot, medium or mild)
1 C	Cheddar Cheese, shredded, reduced fat

1. Preheat oven to 425 degrees F.
2. In a large bowl, whisk together the eggs, milk, chopped tortilla squares and chipotle pepper. Let stand for 10-15 minutes.
3. Heat the oil in a 12-inch heavy, oven-safe non-stick skillet, over medium-high heat. Add the diced sausage, potatoes, onions and peppers. Sauté mixture until tender, about 8 minutes. Season with salt and pepper to taste.
4. Spray skillet pan with vegetable cooking spray (to prevent eggs from sticking to sides and bottom of pan). Pour the egg mixture into the skillet; stir to cover the potatoes, vegetables and sausage. Transfer the skillet to the oven and bake until the frittata is set (the eggs should be just firm and starting to puff up), 10-15 minutes. Remove skillet from oven, spread salsa evenly on top, and then sprinkle with cheese. Preheat broiler, return frittata to the top rack, about 6 inches from the heat, and cook until cheese is melted, about 1 minute.
5. Allow frittata to sit for about 3-5 minutes to firm up. Run a spatula along sides and bottom to loosen. Slide to a cutting board or large flat plate. Cut into 8 wedges, sprinkle with sliced green onions. Serve warm or at room temperature.

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Steak & Cheese Soft Tacos

SERVES: 5 (2 tacos per serving)

10	Mission® Medium Flour Tortillas, warmed
1 lb.	Beef Flank Steak, trimmed
	Salt and pepper, to taste
1 Tbsp	Vegetable Oil
1	Red Onion, sliced thin
2	Green Bell Peppers, seeded and sliced thin
	Non-stick Spray, to coat pan
1-3/4 C	Sharp Cheddar Cheese, grated

1. Pre-heat char-grill to medium-high heat.
2. Lightly spray both sides of the flank steak with non-stick cooking spray and season with salt and pepper. Grill flank 3-4 minutes aside or until desired doneness. Let steak rest while sautéing the vegetables.
3. Heat a non-stick skillet over medium-high heat, add 1 tablespoon of vegetable oil and sauté sliced onions and bell peppers, season with salt and pepper, and then cook for 5 minutes and set aside.
4. Slice steak across the grain into thin strips, sprinkle 2 tablespoons of cheddar cheese over all 10 tortillas, and next add equal amounts of the sliced steak and cooked vegetables.
5. Enjoy!

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Chicken Fajitas

SERVES: 5 (2 tacos per serving)

10	Mission® Small/Fajita Flour Tortillas
1 Tbsp	Olive Oil
2 Tbsp	fresh Lemon Juice
1 tsp	Salt
1 tsp	Black Pepper
1 tsp	Cumin
20 oz	Chicken Breasts, boneless, skinless
1-1/4 C	Cheese, fat free, shredded
1-1/4 C	Iceberg Lettuce, shredded
1-1/4 C	Tomatoes, small dice
1/2 C +2 Tbsp	Sour Cream, fat free
1/2 C +2 Tbsp	Green Onions, sliced
1/2 C +2 Tbsp	Cilantro, chopped

1. Combine the olive oil, lemon juice, salt, pepper, and cumin in a large resealable bag. Add the chicken breasts and marinate in the refrigerator for 30 to 45 minutes. (A large resealable bag works great for marinating food, saves on refrigerator space and is easy to clean up – no mess.)
2. Grill the chicken until it is cooked through, turning occasionally, approximately 7 to 8 minutes. When cooked, slice diagonally.
3. Assemble all of the other ingredients (garnishes).
4. Warm the flour tortillas.
5. Serve the chicken on a platter with the garnishes and warmed tortillas.

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Chicken, Spinach & Artichoke Quesadillas

SERVES: 5

5	Mission® Medium Flour Tortillas, warmed
2/3 C	Spinach & Artichoke Dip, prepared
1-2/3 C	Rotisserie Chicken, breast only, diced
2-1/2 C	Mozzarella Cheese, shredded
	Non-stick Spray, to coat pan

1. Combine spinach-artichoke mixture with diced chicken. Heat in microwave until hot, reserve.
2. Preheat a medium non-stick skillet over medium heat. Spray pre-heated pan with pan spray.
3. Sprinkle 1/2 cup of mozzarella cheese on one half of a tortilla, on the other side spread a 1/2 cup of the chicken-artichoke mixture and fold in half. Repeat for the remaining 4 tortillas.
4. Place folded tortilla into the pre-heated pan and toast on each side for 2-3 minutes until the quesadilla is nicely browned. Repeat for remaining 7 quesadillas.
5. Remove from heat cut in half, serve hot.

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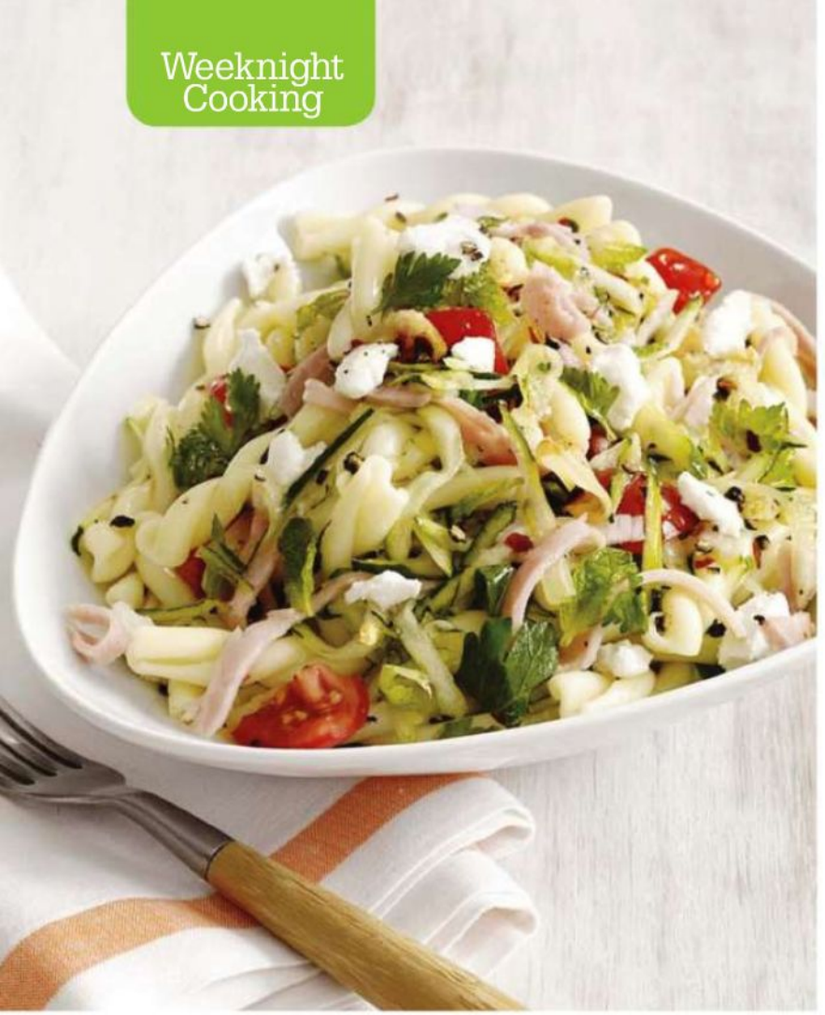


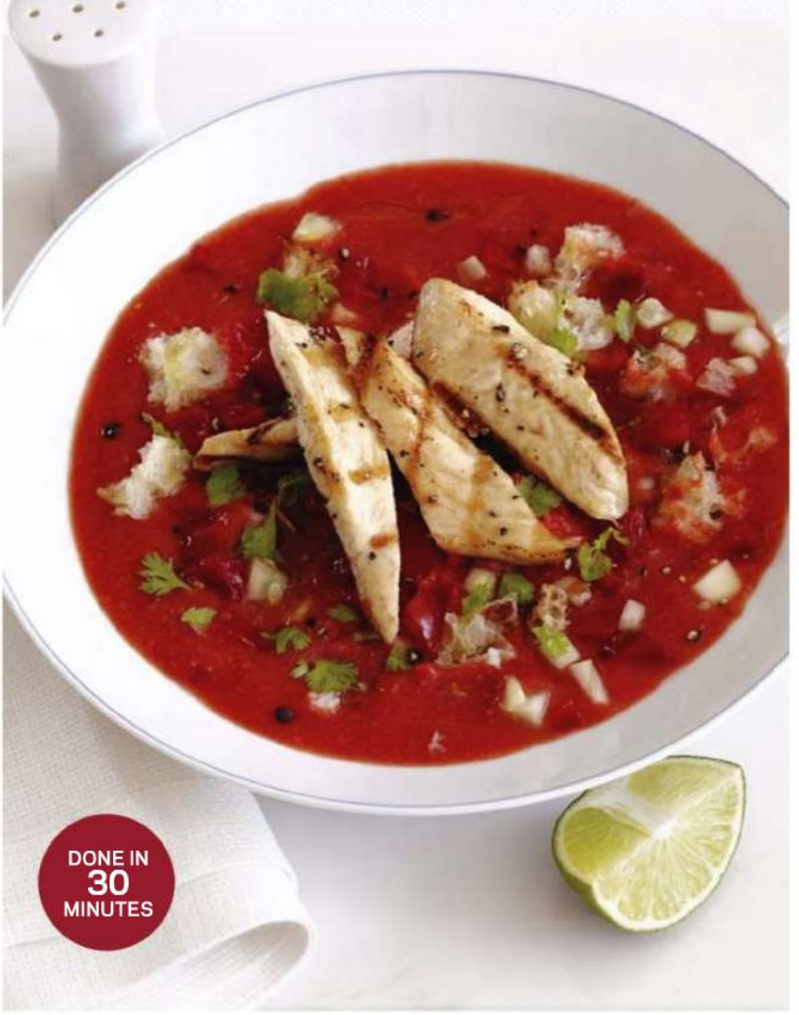
PASTA WITH ZUCCHINI AND HAM

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

Kosher salt
10 ounces gemelli or cavatelli pasta
1 medium zucchini
3 tablespoons extra-virgin olive oil
2 cloves garlic, thinly sliced
Pinch of red pepper flakes
2 medium tomatoes, cut into chunks
¼ pound thinly sliced Black Forest ham, cut into strips
Freshly ground pepper
⅓ cup crumbled goat or feta cheese
3 tablespoons chopped fresh parsley
6 fresh mint leaves, torn

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain, reserving 1 cup cooking water.
2. Trim the zucchini, then coarsely grate into a colander set in the sink. Toss the zucchini with ¼ teaspoon salt and let sit 10 minutes.
3. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic, red pepper flakes and ¼ teaspoon salt and cook, stirring, until the garlic is golden, 3 to 4 minutes. Add the tomatoes and cook until slightly softened, 3 to 4 minutes. Squeeze any excess moisture from the zucchini, then add to the skillet. Add the pasta, ham and the reserved cooking water and toss until warmed through, 2 to 3 minutes. Season with salt and pepper. Remove from the heat and fold in the cheese, parsley and mint.

Per serving: Calories 447; Fat 16 g (Saturated 4 g); Cholesterol 22 mg; Sodium 578 mg; Carbohydrate 60 g; Fiber 3 g; Protein 17 g



GAZPACHO WITH LIME CHICKEN

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

1 large shallot, minced
Juice of 2 limes, plus wedges for serving
⅓ cup extra-virgin olive oil, plus more for drizzling
Kosher salt and freshly ground pepper
1¼ pounds chicken cutlets
½ cup large-cut croutons
3 large tomatoes, diced
1 small cucumber, peeled, seeded and diced
1 bell pepper (any color), stemmed, seeded and diced
¼ cup roughly chopped fresh cilantro

1. Preheat a grill to high. Soak the minced shallot in cold water, about 10 minutes. Meanwhile, mix 1 tablespoon lime juice, 2 tablespoons olive oil, and salt and pepper to taste in a shallow dish; add the chicken and turn to coat. Grill the chicken until golden and cooked through, about 3 minutes per side. Let cool, then slice.
2. Crush half of the croutons; set aside. Soak the remaining croutons in ¼ cup water, 5 minutes, then squeeze out the water and put in a blender. Drain the shallot and add to the blender along with half each of the diced tomatoes, cucumber and bell pepper. With the motor running, drizzle in the remaining 3 tablespoons plus 1 teaspoon olive oil. Add 2 cups ice and blend until smooth. Stir in half of the cilantro and the remaining lime juice; season with salt and pepper.
3. Divide the soup among bowls. Top with the chicken, the remaining tomatoes, cucumber, bell pepper and cilantro and the crushed croutons. Drizzle with olive oil and serve with the lime wedges.

Per serving: Calories 383; Fat 23 g (Saturated 4 g); Cholesterol 78 mg; Sodium 105 mg; Carbohydrate 14 g; Fiber 3 g; Protein 31 g

STRIP STEAK

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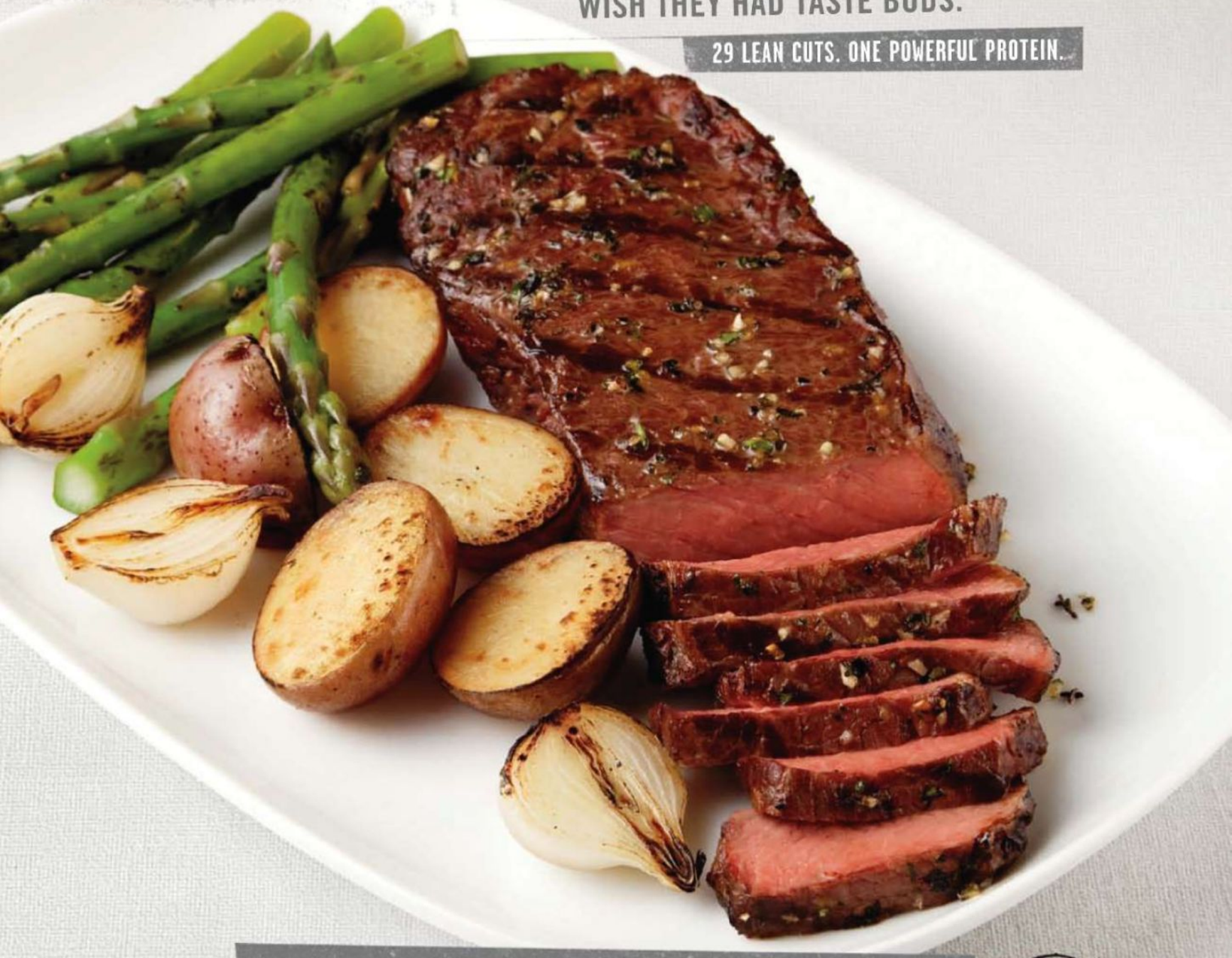

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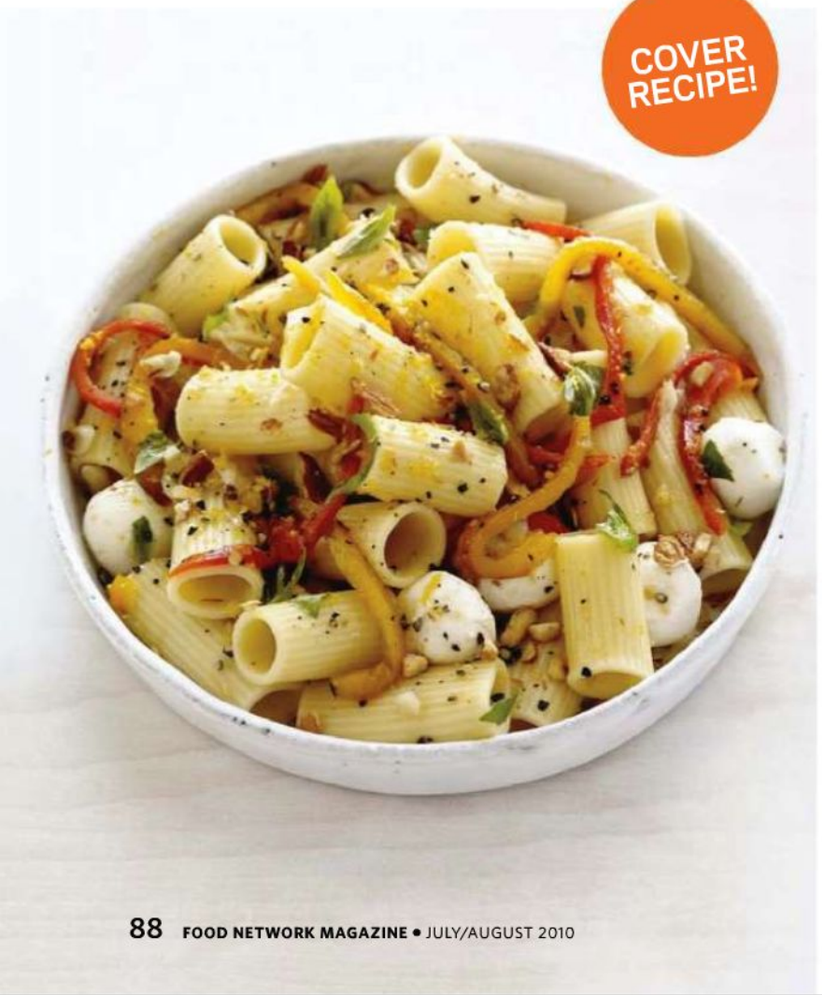
ROASTED-PEPPER PASTA SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

Kosher salt
12 ounces mezzi rigatoni or other short tube-shaped pasta
2 bell peppers (red and/or yellow), halved, stemmed and seeded
6 cloves garlic, unpeeled
¼ cup almonds
⅓ cup extra-virgin olive oil
1 lemon
8 ounces bocconcini (small mozzarella balls)
1 bunch fresh basil, leaves torn
Freshly ground pepper

1. Preheat the broiler. Bring a pot of salted water to a boil. Add the pasta and cook as the label directs. Drain and rinse under cold water to stop the cooking. Shake off the excess water.
2. Meanwhile, place the bell peppers cut-side down on a foil-lined broiler pan, add the garlic and broil until charred, 7 to 8 minutes. Transfer the peppers to a bowl, cover and set aside about 5 minutes.
3. Heat a dry skillet over medium-high heat. Add the almonds and toast, shaking the pan, 4 to 5 minutes. Let cool, then coarsely chop.
4. Squeeze the garlic from its skin onto a cutting board. Add ½ teaspoon salt; mince and mash the garlic into a paste with a large knife. Peel the roasted peppers and slice into strips; transfer to a large bowl. Add the garlic paste and drizzle with the olive oil. Finely grate about 1 teaspoon lemon zest into the bowl and squeeze in all of the lemon juice. Add the bocconcini, basil, almonds, pasta, 1 teaspoon salt, and pepper to taste; toss.

Per serving: Calories 731; Fat 37 g (Saturated 11 g); Cholesterol 41 mg; Sodium 845 mg; Carbohydrate 73 g; Fiber 6 g; Protein 26 g



MOO SHU PORK

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

3 tablespoons hoisin sauce, plus more for serving
3 tablespoons rice vinegar
2 cloves garlic, minced
Kosher salt and freshly ground pepper
1 ¾-pound pork tenderloin, trimmed and cut into thin strips
2 tablespoons vegetable oil
8 ounces shiitake mushrooms, stemmed and sliced
1 14-ounce bag coleslaw mix
1 bunch scallions, thinly sliced
12 Bibb lettuce leaves

You can serve the stir-fry in tortillas, too.

1. Whisk the hoisin sauce, vinegar, garlic and ½ teaspoon each salt and pepper in a large bowl. Add the pork and marinate 10 minutes.
2. Heat 1 tablespoon vegetable oil in a large skillet over high heat. Remove the pork from the marinade using tongs (reserve the marinade) and stir-fry until browned, about 4 minutes. Transfer the pork to a plate. Add 3 to 4 tablespoons water to the skillet, then pour the pan juices over the pork on the plate.
3. Add the remaining 1 tablespoon vegetable oil to the skillet; when hot, add the mushrooms and stir-fry until slightly golden, about 2 minutes. Add the coleslaw mix and cook until wilted, about 3 minutes. Add the pork, the reserved marinade and half of the scallions; stir-fry 2 more minutes. Season with salt and sprinkle with the remaining scallions. Serve the stir-fry in the lettuce leaves with more hoisin sauce.

Per serving: Calories 237; Fat 10 g (Saturated 2 g); Cholesterol 55 mg; Sodium 716 mg; Carbohydrate 18 g; Fiber 4 g; Protein 22 g

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SARGENTO CHEESE

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CHORIZO-POTATO TACOS

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

2 medium red-skinned potatoes, cut into 1-inch chunks
Kosher salt
2 tablespoons vegetable oil
1 medium yellow squash, diced
Freshly ground pepper
8 ounces fresh chorizo or other spicy sausage, casings removed
2 medium tomatoes, diced
1 scallion, minced
1 jalapeño pepper, minced (remove seeds for less heat)
⅓ cup fresh cilantro, chopped
8 corn tortillas
¼ cup crumbled cotija or feta cheese
Sour cream and/or guacamole, for serving (optional)

1. Put the potatoes in a microwave-safe bowl, add ½ cup water and season with salt. Cover with plastic wrap and microwave 5 minutes.
2. Meanwhile, heat the vegetable oil in a medium skillet over high heat, then add the squash and cook until browned but still crisp, 3 to 4 minutes. Season with salt and pepper and transfer to a bowl. Add the sausage to the skillet and cook, breaking it up with a spoon, until it begins to brown, about 5 minutes. Add the potatoes and cooking water and cook, tossing, until the potatoes are browned and the sausage is cooked through, 5 to 6 more minutes. Season with salt.
3. Combine the tomatoes, scallion, jalapeño and cilantro in a bowl and season with salt. Warm the tortillas in a dry skillet or wrap in a damp towel and warm in the microwave, about 1 minute. Fill with the squash and chorizo mixture and sprinkle with the cheese and salsa. Top with sour cream and/or guacamole, if desired.

Per serving: **Calories** 475; **Fat** 32 g (**Saturated** 10 g); **Cholesterol** 58 mg; **Sodium** 855 mg; **Carbohydrate** 28 g; **Fiber** 2 g; **Protein** 19 g

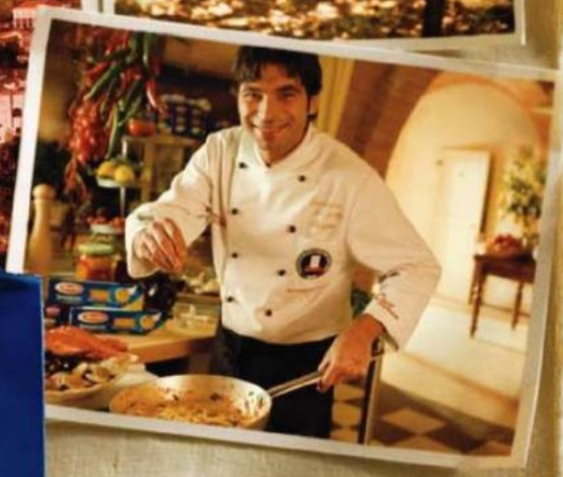
SCALLOPS WITH WATERCRESS SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

2 strips bacon
2 bunches watercress, thick stems trimmed
2 Kirby cucumbers, cut into spears
1 bunch radishes, quartered
⅓ cup instant flour (such as Wondra)
Kosher salt and freshly ground pepper
3 to 4 tablespoons extra-virgin olive oil
1⅓ pounds large sea scallops (about 16)
Juice of 1 lemon
⅓ cup chopped fresh chives
4 thick slices rustic bread, toasted

1. Cook the bacon in a medium nonstick skillet until crisp. Transfer to a paper towel–lined plate to drain; reserve the skillet.
2. Divide the watercress, cucumbers and radishes among plates.
3. Season the flour with salt and pepper in a shallow dish. Discard all but 1 tablespoon of the bacon drippings from the skillet, add 1 tablespoon olive oil and heat over medium heat. Working in batches, toss the scallops in the flour and cook until golden on the bottom, about 2 minutes. Turn and cook until golden on the other side, about 2 more minutes (add 1 tablespoon oil, if necessary).
4. Arrange the scallops over the salads. Add the remaining 2 tablespoons olive oil and the lemon juice to the skillet, then remove from the heat and add 1 to 2 tablespoons water, swirling the pan to release the browned bits. Crumble the bacon and add to the skillet along with the chives, and salt and pepper to taste; swirl to combine, then pour over the salads. Serve with the bread.

Per serving: **Calories** 588; **Fat** 22 g (**Saturated** 4 g); **Cholesterol** 56 mg; **Sodium** 731 mg; **Carbohydrate** 57 g; **Fiber** 6 g; **Protein** 38 g



I ALWAYS IMAGINED HEAVEN WAS HIGH ABOVE THE CLOUDS.
Now I realize
IT'S JUST SOUTH OF SORRENTO.

We traveled through steep cliffs lined with lemon groves and grape vines until we reached Positano. In the middle of town we discovered a small restaurant bustling with activity. Intrigued, I asked the server how they'd become so popular. She smiled and pointed to a shelf filled with Barilla pasta.

www.DiscoverBarilla.com

Barilla Spaghetti with clams

Ingredients	
Barilla Spaghetti	1 box
Fresh little neck clams	Approx 50
Garlic	2 cloves
Red pepper flakes	½ tsp
Extra virgin olive oil	6 tbsp
Dry white wine	½ cup
Fresh Italian parsley	½ cup
Crushed tomatoes	1 28 oz can
Sea salt	To taste

For the complete recipes visit
DiscoverBarilla.com

Barilla
The Choice of Italy.

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WHITE BEAN–CHARD SOUP

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 4 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 3 stalks celery, diced
- Kosher salt
- 2 15.5-ounce cans cannellini beans, drained and rinsed
- 4 cups low-sodium chicken broth
- 1 12-ounce jar roasted red peppers, drained and coarsely chopped
- 5 cloves garlic (4 minced; 1 whole)
- ¼ cup chopped fresh cilantro
- 1 bunch Swiss chard, leaves roughly chopped
- Freshly ground pepper
- 4 thick slices sourdough bread
- Lemon wedges, for serving (optional)

1. Heat 1 tablespoon olive oil in a medium pot over medium-high heat. Add the onion, celery and 1½ teaspoons salt and cook until the vegetables are golden brown, about 5 minutes. Add the beans and broth, bring to a simmer and cook 15 minutes.
2. Meanwhile, heat the remaining 3 tablespoons olive oil in a large skillet over medium heat. Add the roasted peppers, minced garlic and cilantro and cook until the garlic is soft, about 2 minutes. Stir in the chard, cover and cook until wilted, 1 to 2 minutes. Scrape the contents of the skillet into the pot and simmer until heated through, about 5 minutes. Season with salt and pepper.
3. Toast the bread, then rub with the whole garlic clove. Serve the soup with the bread and lemon wedges, if desired.

Per serving: Calories 484; Fat 19 g (Saturated 3 g); Cholesterol 25 mg; Sodium 1,563 mg; Carbohydrate 58 g; Fiber 11 g; Protein 21 g

ROSEMARY-MUSTARD PORK WITH PEACHES

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

LOW-CALORIE DINNER

- 2 1-pound pork tenderloins, trimmed
- Kosher salt and freshly ground pepper
- Vegetable oil, for the grill
- 3 firm-ripe peaches, halved, pitted and cut into wedges
- ½ cup dry white wine
- ⅓ cup packed light brown sugar
- 1 lemon
- 2 teaspoons whole-grain mustard
- ¼ teaspoon chopped fresh rosemary, plus 1 or 2 small sprigs

1. Preheat a grill to high. Pat the pork dry and season with salt and pepper. Lightly oil the grill, then grill the pork, turning, until marked, about 10 minutes.
2. Meanwhile, combine the peaches, wine, brown sugar, and ½ cup water in a saucepan. Remove strips of zest from the lemon with a vegetable peeler and add to the pan; squeeze in the lemon juice. Cover and cook over medium-high heat until the peaches are just tender, 5 to 7 minutes. Transfer to a bowl with a slotted spoon.
3. Add the mustard, ½ teaspoon salt and ¼ teaspoon pepper to the juices in the pan. Transfer ⅓ cup of the liquid to a small bowl and stir in the chopped rosemary; brush onto the pork and continue grilling until a thermometer inserted into the thickest part registers 145°, 10 to 15 more minutes. Transfer to a cutting board.
4. Meanwhile, simmer the remaining liquid in the saucepan until syrupy, about 3 minutes. Remove from the heat and season with salt. Return the peaches to the pan along with the rosemary sprigs. Slice the pork and serve with the peaches.

Per serving: Calories 376; Fat 8 g (Saturated 3 g); Cholesterol 147 mg; Sodium 181 mg; Carbohydrate 26 g; Fiber 1 g; Protein 49 g

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SHRIMP-SALAD PITAS

ACTIVE: 25 min | TOTAL: 30 min | SERVES: 4

- ½ small red onion, finely chopped
- 1½ pounds medium shrimp, peeled, deveined and halved crosswise
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon hot paprika
- Kosher salt and freshly ground pepper
- ½ cup 2% Greek yogurt
- 1 medium carrot, coarsely grated
- 1 Kirby cucumber, halved lengthwise, seeded and thinly sliced
- 1 tablespoon chopped fresh dill
- 1 lemon
- 4 whole-wheat pitas
- 8 Bibb lettuce leaves

1. Preheat the broiler. Soak the chopped onion in a bowl of cold water while you prepare the shrimp.
2. Toss the shrimp with the olive oil, paprika, ¼ teaspoon salt, and pepper to taste on a rimmed baking sheet. Spread in an even layer and broil until the shrimp are opaque, about 4 minutes. Transfer to a bowl and let cool. Wash and dry the baking sheet.
3. Drain the onion and add to the shrimp along with the yogurt, carrot, cucumber, dill, and salt and pepper to taste. Grate in 1 teaspoon lemon zest and squeeze in about half of the lemon juice.
4. Lay the pitas on the baking sheet and toast under the broiler. Cut the pitas in half and fill with the lettuce and shrimp salad.

Per serving: Calories 356; Fat 10 g (Saturated 2 g); Cholesterol 254 mg; Sodium 670 mg; Carbohydrate 32 g; Fiber 5 g; Protein 35 g

CREAMY CHICKEN AND PASTA SALAD

ACTIVE: 15 min | TOTAL: 25 min | SERVES: 4

- Kosher salt
- 8 ounces tubetti or other small tube-shaped pasta
- 1¼ cups 2% Greek yogurt
- ½ cup mayonnaise
- 2 teaspoons apple cider vinegar
- 1 teaspoon dijon mustard
- ⅓ cup chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 rotisserie chicken
- 2 stalks celery, chopped
- 1 Kirby cucumber, peeled, halved lengthwise, seeded and chopped
- Freshly ground pepper
- 8 cups mesclun greens

1. Bring a pot of salted water to a boil. Add the pasta and cook as the label directs. Drain and rinse under cold water to stop the cooking.
2. Meanwhile, whisk the yogurt, mayonnaise, ¼ cup water, the vinegar, mustard, dill, chives and 2 teaspoons salt in a medium bowl. Remove the skin from the chicken and shred the meat into large pieces. Add the chicken, celery and cucumber to the dressing and gently stir to combine.
3. Shake the excess water from the pasta and add it to the chicken salad. Season with pepper and toss. Serve over the greens.

Per serving: Calories 672; Fat 32 g (Saturated 6 g); Cholesterol 114 mg; Sodium 1,724 mg; Carbohydrate 56 g; Fiber 6 g; Protein 44 g

SO MUCH LIVELY FLAVOR, THERE'S NO ROOM FOR SALT.

SWEET & SAVORY APRICOT CHICKEN

Serves: 4 • Prep Time: 5 min. • Cook Time: 12 to 15 min.

Ingredients:

- 1 Tbsp. Mrs. Dash® Garlic & Herb Seasoning Blend
- ½ cup apricot preserves
- 2 tsp. Dijon-style mustard
- 2 tsp. honey
- 1 tsp. vinegar
- 1 lb. boneless, skinless chicken breast halves

Directions:

1. Combine all ingredients except chicken in small bowl; mix well.
2. Grill chicken 5 inches from heat for 12 to 15 minutes or until fully cooked, turning once and brushing frequently with prepared sauce.
3. Discard sauce after cooking.

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ISRAELI TOMATO SALAD

Toss 1 cup each diced **cucumber, tomato, green bell pepper** and **scallions** with 3 tablespoons chopped **dill,** 2 tablespoons chopped **parsley,** the juice of 1 **lemon** and ¼ cup **olive oil** in a large bowl. Season with **salt.**

6 EASY SIDES

ZUCCHINI FRITTERS

Grate 2 small **zucchini** into a colander in the sink; toss with 2 teaspoons **salt** and let sit 10 minutes. Squeeze out the liquid. Mix with 4 minced **scallions,** ¼ cup each chopped **parsley** and **dill,** 1 beaten **egg,** ¾ cup grated **parmesan** and ¼ cup **flour.** Pan-fry spoonfuls of the mixture in **olive oil,** flattening with a spatula, 3 to 4 minutes per side. Drain on paper towels and season with salt.

GRILLED LIME SCALLIONS

Trim 4 bunches of **scallions** and toss with 3 tablespoons **olive oil,** 1 teaspoon **salt** and a pinch of **cayenne.** Grill until charred and beginning to wilt, about 5 minutes. Drizzle with **lime juice** and more olive oil and serve with lime wedges.

ROASTED CARROTS WITH AVOCADO

Toss 1½ pounds **baby carrots,** 3 tablespoons **olive oil** and ½ teaspoon crushed **coriander seeds** on a baking sheet; season with **salt** and **pepper.** Roast at 400°, turning once, 25 to 30 minutes. Top with 1 segmented **orange** (plus any juices) and ½ diced **avocado.** Season with salt and pepper.

GREEN BEANS WITH SHALLOTS

Boil 1½ pounds **green beans,** 6 to 8 minutes. Drain and cool in ice water, then drain and dry. Toast 1 teaspoon **ground cinnamon** in a skillet with 2 teaspoons **olive oil,** 1 minute. Mix with ½ cup **Greek yogurt** and 1 teaspoon **salt,** then toss with the beans. Toss 2 sliced **shallots** in **flour** and fry in the skillet with more oil, 3 minutes; sprinkle on top of the beans.

SESAME KALE

Roughly chop 1 bunch of **kale** (leaves only). Toss with 1 tablespoon **vegetable oil,** 2 teaspoons **sesame oil,** ½ teaspoon **salt** and ¼ teaspoon **ground coriander;** spread on a broiler pan and broil until crisp, about 5 minutes, turning as needed. Serve with **lemon** wedges.

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Arnold Sandwich Thins®	Calories	Fiber	Fat
	100	5g	1g

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SAUCY CHILI-ORANGE PORK BACK RIBS

INGREDIENTS

4 lbs. pork back ribs
1 ½ c. orange or apple juice
½ c. chili sauce
2 tbsp. hoisin sauce
1 tbsp. grated orange rind
1 tbsp. (or to taste) bottled hot sauce
2 tsp. firmly packed brown sugar

DIRECTIONS

Place ribs in a 4 to 5 quart dish. Add orange juice and cover. Marinate 30 to 60 minutes. Combine chili sauce, hoisin sauce, orange rind, bottled hot sauce and brown sugar in a small bowl. Prepare a medium fire in charcoal grill or preheat one side of gas grill to medium.

Remove ribs from the dish and pat dry. Place ribs on grill and grill with indirect heat about 1½ to 2 hours or until tender, brushing with sauce several times during last 20 minutes of grilling.

Serves 4

TheOtherWhiteMeat.com
pork
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Hot Tips

from Food Network Kitchens' **Katherine Alford:**

Warm up your dressing.

After we cooked the bacon and scallops for the salad on page 90, we made a quick lemon vinaigrette in the hot pan with the drippings. It's great: You incorporate what's called the fond (the browned bits left in the pan) into your dressing, which makes it that much more flavorful. Plus, a warm dressing really tempers the bite of the bitter greens.

Drain your zucchini.

Zucchini is full of moisture and can make a dish bland and watery. But salt works like magic to pull out all that excess water. For the fritters on page 96 and the pasta on page 86, we tossed grated zucchini with salt and let it drain in a colander for about 10 minutes, then squeezed it dry. The process helps concentrate the flavor and speeds up the browning as the zucchini cooks.

Grate a new cheese.

We love parmesan, but there are tons of other great grating cheeses. Try ricotta salata, crumbly Mexican cheese like cotija, dry feta, aged gouda or tangy pecorino, which we used in the pesto on page 84. I like mixing cheeses for extra flavor—equal parts pecorino and parmesan is the perfect salty-nutty combination.

Make your stir-fries sizzle.

Stir-frying is all about high heat. When you're making a dish like our moo shu pork on page 88, you can't be afraid to let the oil get super hot, to that almost-smoking point. Woks get nice and hot on a gas flame, but if you have an electric stove, you might want to use a skillet instead; more surface area touches the coils, so it heats up better.

ZUCCHINI AND STIR-FRY: ANTONIS ACHILLEOS; FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN. CHEESE GRATER: MASTERFILE. POLAROID: ISTOCKPHOTO.

GET YOUR GRILL ON.

This summer, give your grill something to get fired up about. These Saucy Chili-Orange Pork Back Ribs are a little bit sweet, a little bit spicy, and a whole lot tender and juicy. They're what summer was made for! Find recipes, simple grilling tips and more at **TheOtherWhiteMeat.com**

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Salad Days

We re-created our favorite hearty dinners as tasty summer salads.

PHOTOGRAPHS BY **KATE SEARS**

FOOD STYLING: LORI POWELL
PROP STYLING: PAM MORRIS

Tastes like: Chicken Parmesan

GRILLED CHICKEN SALAD WITH PARMESAN BREADCRUMBS

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 1 plum tomato, halved
- 4 sun-dried tomatoes packed in oil, plus 2 tablespoons oil from the jar
- 2 tablespoons red wine vinegar
- 1 clove garlic
- ½ teaspoon dried oregano
- 1 bunch fresh basil, torn
- ⅓ cup grated parmesan
- Kosher salt and freshly ground pepper
- 2 skinless, boneless chicken breasts (about 1 pound)
- 3 tablespoons extra-virgin olive oil
- 1 cup breadcrumbs
- 2 tablespoons chopped fresh parsley
- 8 cups Italian-blend salad greens or baby arugula
- 8 ounces bocconcini (small mozzarella balls), quartered

1. Preheat a grill to high. Puree the plum tomato, sun-dried tomatoes, vinegar, garlic, oregano, a few basil leaves and 2 tablespoons parmesan in a blender, drizzling in the sun-dried tomato oil until smooth. Add 2 to 3 tablespoons water, if needed; season with salt and pepper.
2. Halve the chicken breasts horizontally to make four ¼-inch-thick cutlets. Brush with 1 tablespoon olive oil and season with salt and pepper. Grill the chicken until marked on the bottom, about 4 minutes, then turn and grill until cooked through, about 3 more minutes. Transfer to a cutting board.
3. Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Add the breadcrumbs, season with salt and pepper and cook, stirring occasionally, until golden, about 2 minutes. Add the remaining 3 tablespoons plus 1 teaspoon parmesan and the parsley and cook until toasted, about 1 more minute.
4. Toss the salad greens and remaining basil in a large bowl. Cut the chicken into pieces and add to the greens along with the mozzarella. Toss with the dressing, then sprinkle with the breadcrumb mixture.

Tastes like: Tomato Soup and Grilled Cheese

TOMATO SALAD WITH CHEESE CRISPS

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 4 thick slices Italian bread, cut into cubes
- ¼ cup extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 tablespoon dijon mustard
- 1 tablespoon fresh lemon juice
- 2 tablespoons white wine vinegar
- 2 pounds mixed heirloom tomatoes, cut into chunks
- 1 bunch scallions, sliced
- 2 tablespoons chopped fresh dill
- ¾ cup grated gruyère cheese
- 1 tablespoon all-purpose flour

1. Preheat the oven to 400°. Toss the bread with 2 tablespoons olive oil on a baking sheet and season with salt and pepper. Bake until golden, about 8 minutes. Let cool slightly.

2. Whisk the mustard, lemon juice and vinegar in a large bowl and season with salt and pepper. Slowly whisk in the remaining 2 tablespoons olive oil. Add the tomatoes, scallions and dill and season with salt and pepper. Add the bread cubes and toss to coat. Set aside while you make the crisps.

3. Toss the cheese with the flour and pepper to taste in a bowl. Arrange the mixture in 4 mounds on the baking sheet and flatten slightly. Bake until golden, about 10 minutes. Cool slightly, then remove with a spatula to a rack and let cool. Serve with the tomato salad.

Tastes like: Pork Chops with Applesauce

PORK AND APPLE SALAD

ACTIVE: 45 min | TOTAL: 45 min | SERVES: 4

- 3 tablespoons apple jelly
- 1 teaspoon chopped fresh thyme
- 3 boneless center-cut pork chops (about 1¼ pounds)
- Kosher salt and freshly ground pepper
- ½ cup extra-virgin olive oil, plus more for brushing
- ½ small red onion, finely diced
- 3 tablespoons whole-grain mustard
- ¼ cup apple cider vinegar
- 2 heads Boston or Bibb lettuce, torn
- 1 Fuji or Gala apple, diced
- 1 small turnip, peeled and diced
- ¾ cup crumbled blue cheese
- Chopped fresh parsley, for topping (optional)

1. Preheat a grill to high. Mix 2 tablespoons apple jelly with the thyme. Season the pork chops with salt and pepper and brush with olive oil on both sides. Grill the chops until marked, about 3 minutes per side. Brush with the jelly-thyme mixture and continue to grill until the chops are cooked through, about 2 more minutes. Set aside to cool.

2. Soak the diced onion in a bowl of cold water, about 10 minutes. Meanwhile, whisk the mustard, vinegar and the remaining 1 tablespoon apple jelly in a large bowl and season with salt and pepper. Slowly add ½ cup olive oil, whisking until smooth.

3. Cut the pork into bite-size pieces and drain the onion. Add the lettuce, apple, turnip, pork, onion and blue cheese to the bowl with the dressing and toss. Top with parsley, if desired.

Tastes like: Shrimp Fried Rice

ASIAN RICE SALAD WITH SHRIMP

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 2 cloves garlic, minced
- 1 2-inch piece ginger, peeled and grated
- 3 tablespoons toasted sesame oil
- ¼ cup rice vinegar
- 2 tablespoons soy sauce
- Pinch of sugar
- ¾ pound large shrimp, peeled, deveined and halved lengthwise
- 1 large carrot, shredded
- 2 stalks celery, thinly sliced
- 2 cups snow peas, thinly sliced
- 1 tablespoon vegetable oil
- 2 cups cooked white or brown rice
- 1 bunch scallions, thinly sliced
- ¼ head iceberg lettuce, shredded
- 1 cup mung bean sprouts
- ½ cup chow mein noodles and/or chopped peanuts

1. Whisk the garlic, ginger, sesame oil, vinegar, soy sauce and sugar in a large bowl. Transfer 2 tablespoons of the dressing to a medium bowl, add the shrimp and toss. Add the carrot, celery and snow peas to the remaining dressing and toss.

2. Heat a large skillet over high heat and add 2 teaspoons vegetable oil. Add the shrimp and stir-fry until they turn pink, 3 to 4 minutes, then transfer to the bowl with the vegetables. Add 3 to 4 tablespoons water to the skillet and scrape up the browned bits with a wooden spoon, then add the liquid to the bowl with the shrimp. Let the skillet reheat, then add the remaining 1 teaspoon vegetable oil and stir-fry the rice until toasted, about 2 minutes. Remove from the heat and let cool.

3. Add the rice and scallions to the shrimp-vegetable mixture and toss. Divide among bowls and top with the lettuce, sprouts, chow mein noodles and/or peanuts.

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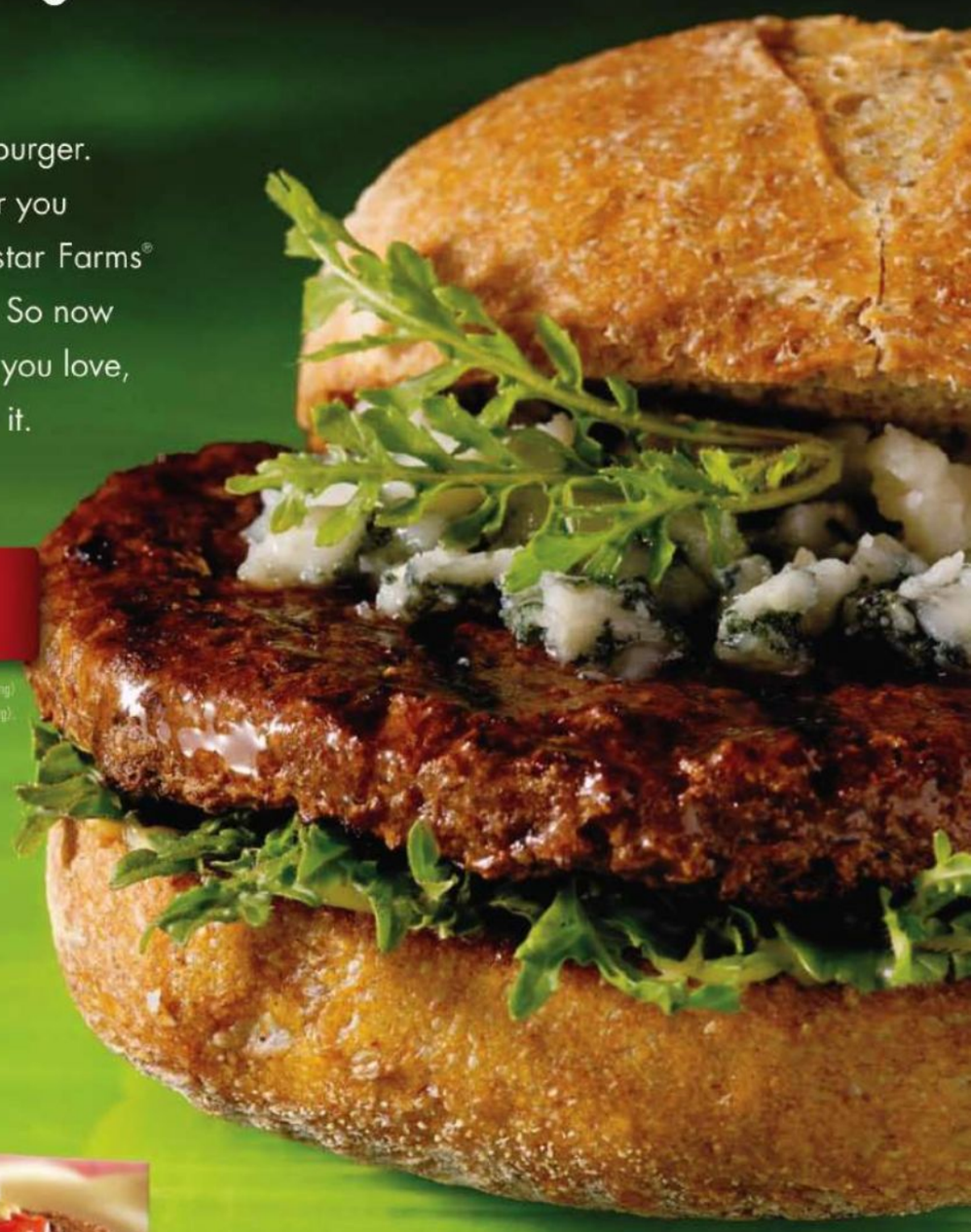

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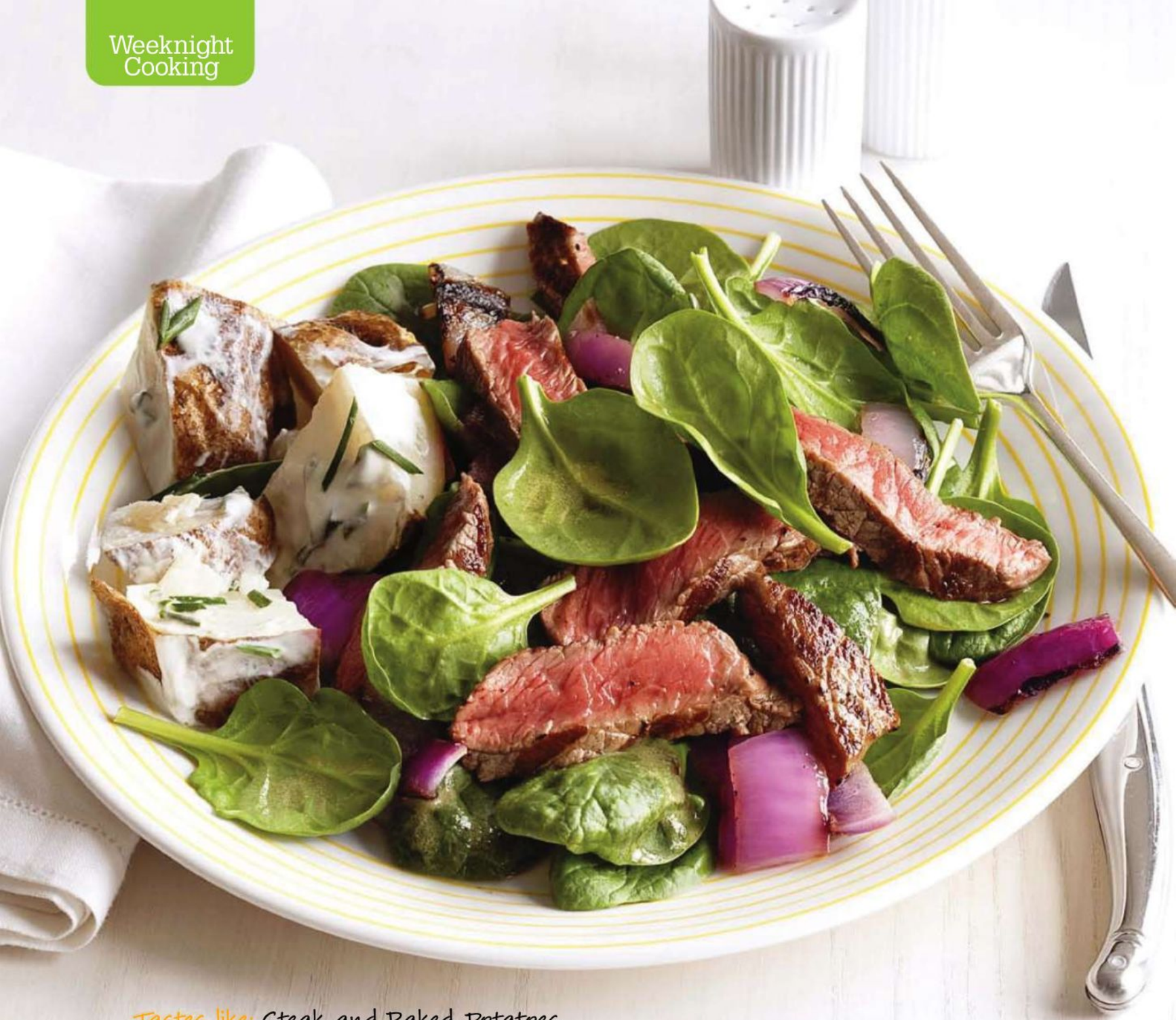

Tastes like: Steak and Baked Potatoes

STEAK-SPINACH SALAD WITH SOUR-CREAM POTATOES

ACTIVE: 35 min | TOTAL: 1 hr 20 min | SERVES: 4

- 2 medium russet potatoes
- 3 tablespoons olive oil, plus more for brushing
- ½ cup sour cream
- 2 tablespoons buttermilk
- ¼ cup chopped fresh chives
- Juice of ½ lemon
- Kosher salt and freshly ground pepper
- 1 ¾-pound boneless sirloin steak
- 1 large red onion, sliced into thick rings
- 6 ounces baby spinach or chopped regular spinach
- 2 to 3 tablespoons steak sauce

1. Preheat the oven to 400°. Pierce the potatoes with a fork and brush with olive oil. Bake directly on the oven rack until tender, about 1 hour. Cool slightly, then cut into chunks. Mix the sour cream, buttermilk, chives and lemon juice in a large bowl and season with salt and pepper. Stir in the potatoes.

2. Meanwhile, preheat a grill to high. Brush the steak and onion rings with olive oil and season with salt and pepper. Grill the steak until marked on the bottom, about 7 minutes, then turn and cook 4 to 5 more minutes for medium-rare. Grill the onion rings until charred, about 2 minutes per side. Transfer the steak and onion rings to a cutting board and let rest 5 minutes.

3. Roughly chop the onion rings and toss with the spinach, steak sauce, 3 tablespoons olive oil, and salt and pepper to taste in a bowl. Thinly slice the steak. Divide the salad among plates, top with the steak and serve with the potatoes.

Event Dates: Saturday, May 15 – Tuesday, July 6, 2010. Pricing may vary in AK, HI, OK & WI. The "Spark" Design ✲, Walmart and Save money. Live better. are marks and/or registered marks of Wal-Mart Stores, Inc. © 2010 Wal-Mart Stores, Inc.

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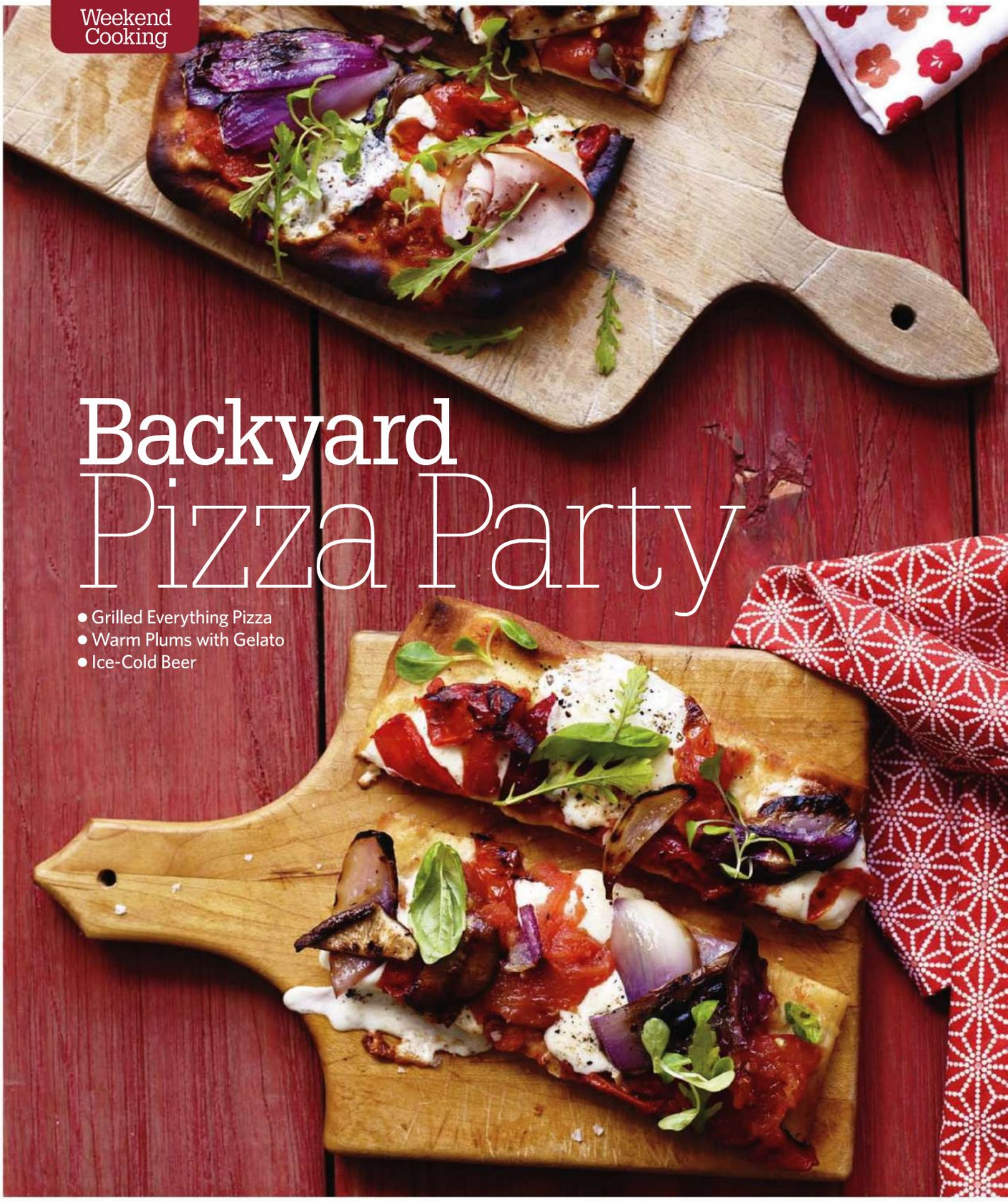
Weekend Cooking

Entertain outdoors with **all-new menus** from Food Network Kitchens.

PHOTOGRAPHS BY **CON POULOS**

Make pizza and all the fixings on the grill. See page 111.

FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: MARINA MALCHIN.



Backyard Pizza Party

- Grilled Everything Pizza
- Warm Plums with Gelato
- Ice-Cold Beer

GRILLED EVERYTHING PIZZA

ACTIVE: 1 hr 20 min | TOTAL: 2 hr 35 min | SERVES: 4

- 2 teaspoons sugar
- 1 packet active dry yeast
- 2 tablespoons extra-virgin olive oil, plus more for brushing and drizzling
- 3 cups all-purpose flour, plus more for dusting
- 1 teaspoon salt
- Grilled toppings (see below)
- 8 ounces fresh mozzarella, sliced
- ½ cup sliced roasted peppers
- 4 ounces thinly sliced hot or sweet capicola, torn
- 1 cup micro greens, pea shoots or other baby greens
- ½ bunch fresh basil, torn

1. Prepare the dough: Whisk 1 cup warm water (about 105˚) and the sugar in a small bowl and sprinkle the yeast over top. Let stand until foamy, about 10 minutes. Stir in the olive oil.
2. Whisk the flour and salt in a large bowl. Make a well in the center, pour in the yeast mixture and stir to make a shaggy dough. Turn out onto a floured surface and knead until smooth and elastic, about 5 minutes, adding just enough flour to prevent it from sticking. Form into a ball, put in a large oiled bowl and turn to coat with the oil. Turn seam-side down, cover with plastic wrap and let rise at room temperature until doubled, about 1 hour 30 minutes. Meanwhile, preheat a grill to medium high (if using a charcoal grill, bank the coals to one side) and grill the toppings (see below).
3. Arrange the grilled vegetables in piles on a baking sheet, season with salt and pepper, and drizzle with olive oil. Add the remaining toppings to the baking sheet; place near the grill.
4. Reduce the grill heat to medium low (on a charcoal grill, spread the coals into a single layer and let cool until they are covered in a light gray ash). Divide the dough in half and dust the dough and work surface with flour. Roll each piece into a 7-by-12-inch rectangle, about ⅛ inch thick. Brush an inverted baking sheet with olive oil and lay both crusts on it. Lift each piece by the corners and lay on the grill, oiled-side down; cook until the dough puffs and the underside is stiff and marked, about 5 minutes.
5. Flip the dough with tongs, brush with olive oil, spread with the tomato sauce and top with mozzarella. Arrange the grilled vegetables and roasted peppers on top. Cover and cook until the cheese melts, about 5 more minutes.
6. Transfer the pizzas to a cutting board. Top with the capicola, greens, basil, a drizzle of olive oil and salt.

HOW TO Grill the Toppings

TOMATO SAUCE
Grill 3 vine-ripened **tomatoes,** turning, until charred, 10 minutes. Transfer to a bowl, add 1 chopped **garlic** clove, 2 tablespoons **olive oil,** and **salt** and **pepper.** Cool, then crush into a sauce.

ONION/FENNEL
Cut 1 medium **red onion** or 1 small **fennel** bulb into 8 wedges. Toss with 1 tablespoon **olive oil** and season with **salt** and **pepper.** Grill, turning, until soft, about 10 minutes; slice.

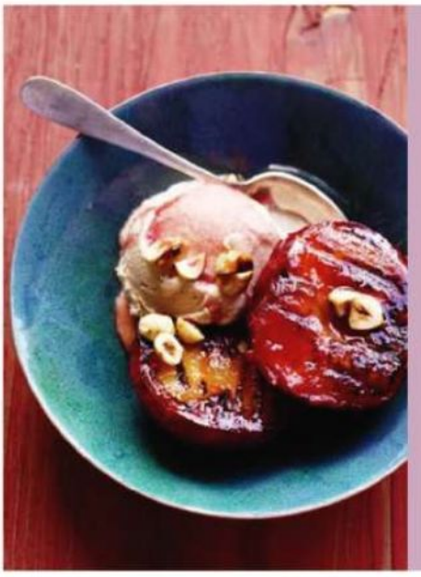
MUSHROOMS
Toss 8 ounces stemmed **shiitake mushrooms** with 3 tablespoons **olive oil** and season with **salt** and **pepper.** Grill, turning, until soft, about 2 minutes per side; cut in half.

HOW TO Grill Pizza

1 Ask someone to hold the baking sheet while you lift the dough and place it on the grates; don't slide the dough or it will stretch.

2 When it's time to flip, the crust should be stiff enough to lift with tongs. If it's still floppy, keep it on the grill a little longer.

3 Prepare your toppings ahead of time and keep them near the grill. You'll need to move quickly so the crust doesn't burn.



WARM PLUMS WITH GELATO

Make dessert on the grill, too: Brush halved pitted plums with melted butter, sprinkle with cinnamon and grill until soft, 3 minutes per side. Top with hazelnut gelato and chopped toasted hazelnuts.

ICE-COLD BEER

When the weather heats up, an icy pilsner will cool you off. The crisp, clean beer tastes great chilled way down.

> Pabst Blue Ribbon
($4 for a six-pack)
Brewers add rice and corn to both lighten the body and to keep production costs low, which is why PBR is so refreshing—and cheap.

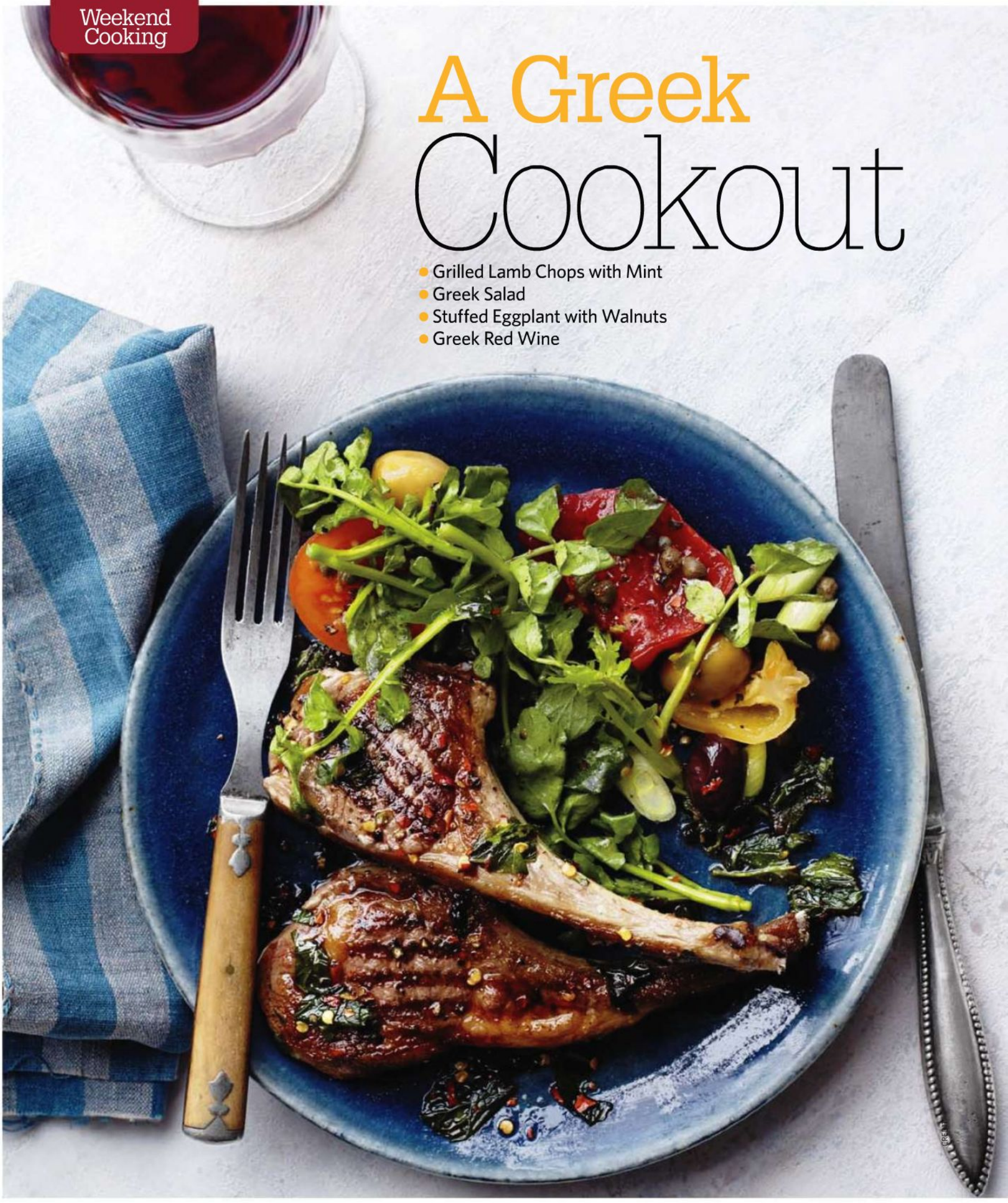
> Lagunitas Pils
($9 for a six-pack)
You can't go wrong with this pick from Petaluma, CA. It has a bready flavor that pairs well with pizza, as any good pilsner should.

> Brooklyn Pilsner
($9 for a six-pack)
It's no surprise that a beer from Brooklyn is perfect with pizza. This brew has a uniquely creamy body; it's extra robust.

BEER, WINE AND LIQUEUR PHOTOS: MARKO METZINGER/STUDIO D. WINE PAIRINGS: RUPA BHATTACHARYA; BEER PAIRINGS: JESSE L. YORK.

A Greek Cookout

- Grilled Lamb Chops with Mint
- Greek Salad
- Stuffed Eggplant with Walnuts
- Greek Red Wine



GRILLED LAMB CHOPS WITH MINT

ACTIVE: 20 min | TOTAL: 30 min | SERVES: 6

- ⅓ cup extra-virgin olive oil
- ½ cup packed fresh mint leaves, chopped, plus more for sprinkling
- ¼ teaspoon red pepper flakes
- Sea salt
- 12 small rib lamb chops (about 2⅓ pounds)
- 2 cloves garlic, smashed

1. Preheat a grill to medium high. Mix the olive oil, mint, red pepper flakes, and salt to taste in a bowl. Rub the lamb chops all over with the garlic. Transfer a few tablespoons of the mint oil to a small bowl and brush on the chops.

2. Grill the chops until charred, 3 to 4 minutes per side. (Press the middle of a chop with your finger: It should be slightly firm with a little give for medium-rare doneness.) Transfer to a platter and brush with some of the remaining mint oil. Sprinkle with mint and serve with more mint oil.

GREEK SALAD

Toss 3 quartered tomatoes, some fresh oregano, 2 tablespoons capers (with 3 tablespoons of the liquid), 1 tablespoon sliced pickled peppers (with 1 tablespoon of the liquid), 3 tablespoons olive oil, and salt and pepper. Toss in watercress, sliced scallions and pitted Greek olives.

GREEK REDS

Don't let the tongue-twisting names intimidate you. These Greek wines are totally approachable:

> **2006 Spiropoulos Red Stag *($14)***
This spicy cherry-flavored red from the Peloponnese peninsula is a great introduction to Greek wine.

> **2000 Hatzimichalis Xinomavro Naoussa *($15)***
Xinomavro (ksee-NO-mah-vro), a Greek grape similar to pinot noir, has an olive quality that's a perfect match for the eggplant.

> **2008 Red on Black Agiorgitiko *($17)***
Agiorgitiko (ah-yor-YEE-tee-ko) is one of Greece's oldest grapes. Its fruit flavors pair well with the mint and red pepper flakes in the lamb.

STUFFED EGGPLANT WITH WALNUTS

ACTIVE: 35 min | TOTAL: 1 hr (plus refrigerating)
SERVES: 6

- ½ cup medium-grind bulgur
- Kosher salt
- ⅓ cup extra-virgin olive oil, plus more for drizzling
- 3 Japanese eggplants, halved lengthwise
- ⅔ cup walnut pieces
- ½ small red onion, roughly chopped
- 1 stalk celery, peeled and roughly chopped
- 1 clove garlic, smashed
- 1 cup packed fresh cilantro
- 3 tablespoons fresh tarragon
- 1 teaspoon ground coriander
- 3 tablespoons white wine vinegar
- Freshly ground pepper
- ¼ cup crumbled feta cheese

1. Put the bulgur in a bowl and add ¼ teaspoon salt and 1 cup boiling water. Cover and let sit until the bulgur is tender and the water is absorbed, about 30 minutes. Fluff with a fork.

2. Heat the olive oil in a large skillet over medium-high heat. Lay the eggplant halves cut-side down in the skillet and season with salt, then place another skillet on top and weigh it down with large cans. Cook until the eggplant is soft and golden brown, about 6 minutes. Uncover, flip the eggplant and season with salt, then cover, weigh down and cook about 5 more minutes. Transfer to a paper towel–lined plate to cool.

3. Pulse the walnuts, onion, celery and garlic in a food processor until coarsely chopped. Add the cilantro, tarragon and coriander and pulse until smooth. Add the bulgur and vinegar and pulse once or twice to combine. Add 1 teaspoon salt, and pepper to taste. Spread the bulgur mixture evenly on the cut sides of 3 eggplant halves; sandwich with the remaining halves. Wrap tightly with plastic wrap and refrigerate at least 1 hour.

4. Slice the stuffed eggplant into pieces, sprinkle with the feta and drizzle with olive oil.

A Light Summer Spread

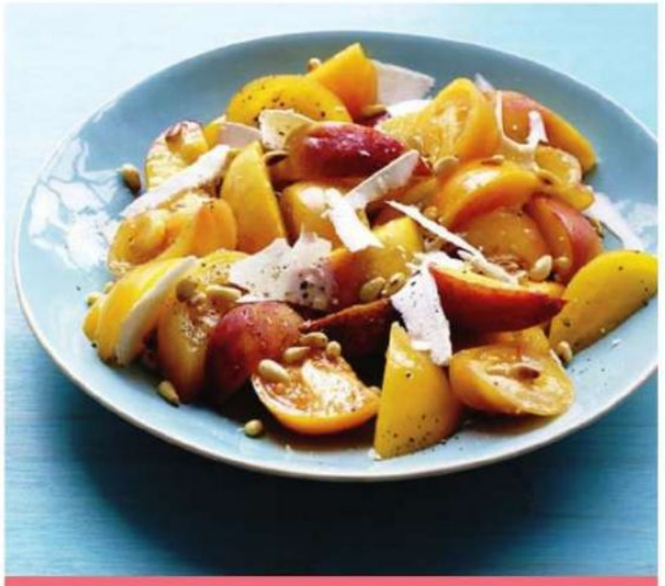
- Shrimp with Charred Lemon and Zucchini
- Nectarine-Tomato Salad
- Raspberry Buttermilk Sherbet
- Low-Cal Spritzers

SHRIMP WITH CHARRED LEMON AND ZUCCHINI

ACTIVE: 50 min | TOTAL: 50 min | SERVES: 4

16 jumbo shrimp, unpeeled, legs removed (about 1¾ pounds)
½ cup extra-virgin olive oil
1 tablespoon grated peeled ginger
1 teaspoon hot paprika
Sea or kosher salt and freshly ground pepper
1 lemon, thinly sliced
1 medium zucchini, cut into 2½-by-½-inch sticks
¼ cup finely chopped fresh parsley
Toasted sourdough bread, for serving

1. Preheat the broiler. Use a sharp knife to make a slit through the shell along the back of each shrimp. Remove the vein, leaving the shell intact. Rinse and pat dry, then transfer to a large bowl.
2. Whisk ¼ cup olive oil, the ginger, paprika, 2 teaspoons salt, and pepper to taste in a bowl. Add half of the dressing to the bowl with the shrimp and toss. Add the lemon and zucchini to the remaining dressing and toss, then spread on a large foil-lined baking sheet. Broil until the lemon and zucchini begin to brown, 5 to 7 minutes. Add the shrimp and broil until the shells are pink, about 3 minutes. Turn the shrimp, lemon and zucchini and broil 3 to 4 more minutes.
3. Whisk the remaining ¼ cup olive oil, the parsley and a pinch of salt in a small bowl. Divide the shrimp, lemon and zucchini among plates and drizzle with the parsley oil. Serve with bread.



NECTARINE-TOMATO SALAD

Cut 1 pound each yellow beefsteak tomatoes and nectarines into wedges. Top with 2 ounces shaved ricotta salata and salt and pepper. Toast 2 tablespoons pine nuts with 2 tablespoons olive oil over low heat. Off the heat, swirl in 2 teaspoons white balsamic vinegar; drizzle over the salad.

RASPBERRY BUTTERMILK SHERBET

ACTIVE: 15 min | TOTAL: 30 min (plus chilling and freezing) | SERVES: 4 to 6

6 cups raspberries (4 to 5 pints)
¼ cup 100% grape or apple juice
1 cup superfine sugar
1½ cups buttermilk
¼ cup heavy cream
Salt and freshly cracked pepper

1. Puree the raspberries, juice and sugar in a food processor until smooth. Pour through a mesh strainer into a bowl and discard the raspberry seeds. Stir in the buttermilk, cream and a pinch of salt, then cover and refrigerate until cold, about 1 hour.
2. Transfer the mixture to an ice cream maker and freeze according to the manufacturer's instructions. Transfer to an airtight container and freeze until firm, at least 2 hours. Serve sprinkled with pepper.

SPRITZER MIXERS

Turn one of these bold liqueurs into a light spritzer: Pour 1 to 2 ounces into an ice-filled glass, then add fresh fruit and top with seltzer.

> **Campari *($26 for 1 liter)***
Don't be fooled by the candy-red color: This Italian aperitivo is bitter. Tame it with a splash of OJ and some orange segments.

> **St-Germain *($30 for 750 ml)***
Complement the honey flavors of this sweet elderflower-infused spirit with a twist of lemon peel or a few apple slices.

> **Hum *($36 for 750 ml)***
Add a handful of ripe summer berries to pump up this fruity 70-proof hibiscus liqueur.

A Picnic for Six

- Crunchy Lemonade Drumsticks
- Tomato Tea Sandwiches
- Watermelon Slushies
- Portable Wine

CRUNCHY LEMONADE DRUMSTICKS

ACTIVE: 35 min | TOTAL: 1 hr 45 min (plus marinating) | SERVES: 6

- 2 tablespoons grated lemon zest
- ½ cup fresh lemon juice
- 3 tablespoons packed light brown sugar
- ⅓ cup buttermilk
- 12 skin-on chicken drumsticks (3½ to 4¼ pounds)
- Kosher salt and freshly ground black pepper
- 2 cups panko (Japanese breadcrumbs)
- 1 tablespoon chopped fresh thyme
- Pinch of cayenne pepper
- ¼ cup mayonnaise
- Olive-oil cooking spray

1. Mix 1 tablespoon lemon zest and the lemon juice in a large bowl. Add 1 cup water and the sugar and whisk to dissolve, then whisk in the buttermilk. Pierce the drumsticks several times with a fork and season with salt and pepper. Toss in the marinade, cover and refrigerate 4 hours, or overnight.

2. Preheat the oven to 400°. Bring the chicken to room temperature. Put the panko, thyme, the remaining 1 tablespoon lemon zest, the cayenne, 1 teaspoon salt, and black pepper to taste in a large resealable plastic bag and shake to mix. Put the mayonnaise in a bowl. Set a rack on a baking sheet and spray with cooking spray.

3. Remove the drumsticks from the marinade, dip in the mayonnaise, then drop into the bag and shake to coat; transfer to the rack.

4. Mist the chicken with cooking spray. Bake until golden, about 35 minutes; flip and bake until browned and crisp, 35 to 40 more minutes. Cool completely, then pack in an airtight container.

TOMATO TEA SANDWICHES

Spread 12 slices white and/or pumpernickel bread with mayonnaise. Top half of the bread with sliced tomato and cucumber or avocado. Season with salt and pepper and cover with the remaining bread. Trim off the crusts and slice the sandwiches in half. Pack in an airtight container or wrap in plastic wrap.

WATERMELON SLUSHIES

The night before your picnic, puree 6 cups chopped seedless watermelon in a blender until smooth, pour into a shallow airtight container and freeze. Bring the frozen watermelon on your picnic (it'll double as an extra ice pack) and let thaw slightly, then mash with a fork and spoon into cups.

WINE TO GO

Travel-friendly Tetra Paks are like juice boxes for wine—perfect for a summer outing. Try these bargain picks:

> **2008 French Rabbit Chardonnay *($10 for 1 liter)***
Sustainably grown grapes are used to make this rich, buttery French white.

> **2009 Yellow + Blue Rosé *($12 for 1 liter)***
This organic rosé from Spain is full of bright fruit flavors and has just the right acidity; it's extra refreshing.

> **2007 Bandit Cabernet Sauvignon *($8 for 1 liter)***
This is one cabernet that's mellow enough to drink in warm weather. It tastes great slightly chilled.

Your second wind has arrived... boy does it taste good.

Ritz Crackerfuls. Snack on real food.

Made with real cheese and 6 grams of whole grain per serving, it's the snack that helps satisfy your hunger until your next meal.

Try our newest flavor Cheddar Cheese & Bacon.
Natural flavor with other natural flavors.

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Ritz. Open for fun.

FAMILY DINNER.

You've made it to dinner. Now make it easier. **Buy smart** by planning and shopping for a week's worth of meals on Sunday (it'll also save you gas). **Purchase a store-made salad** to serve with your homemade entrée and cut your prep time down to size. **And let your kids set the table**—allowing them to mix and match napkins and place mats brings out their creative side.

And now you're good to go.

Whether you're dining in or working out, **Ritz Crackerfuls** are the delicious way to satisfy your hunger so you have what it takes to get to the fun part of your day. And we've got the tips to help you make the most of it.

SUMMER ENTERTAINING.

While a filling snack can hold you over until guests arrive, you can still be time-starved. That's why many savvy hostesses choose to **stay in their comfort zone** and prepare favorites they've made before. Add hotel bar chic by serving one **signature cocktail** in a pitcher—it allows you to buy ingredients in bulk AND spend more time with your guests. Finally, **serve a simple dessert**. A store-bought pound cake or vanilla ice cream can be dressed up with a liquor-infused chocolate sauce and fresh berries.

PLAYTIME.

Let real food get you to some real fun—outdoors! Try **gardening** and assign each family member a responsibility like weeding or watering—kids love seeing the results of their efforts! **Croquet** invites all family members to join in, no matter their skill level; as does the old standby **"Red Light, Green Light."** Simply designate two starting lines, the closer one being for smaller children.

When enjoying your signature cocktail, please drink responsibly.

50 Kebabs

We designed dozens of dinners you can make (and serve!) on a stick.

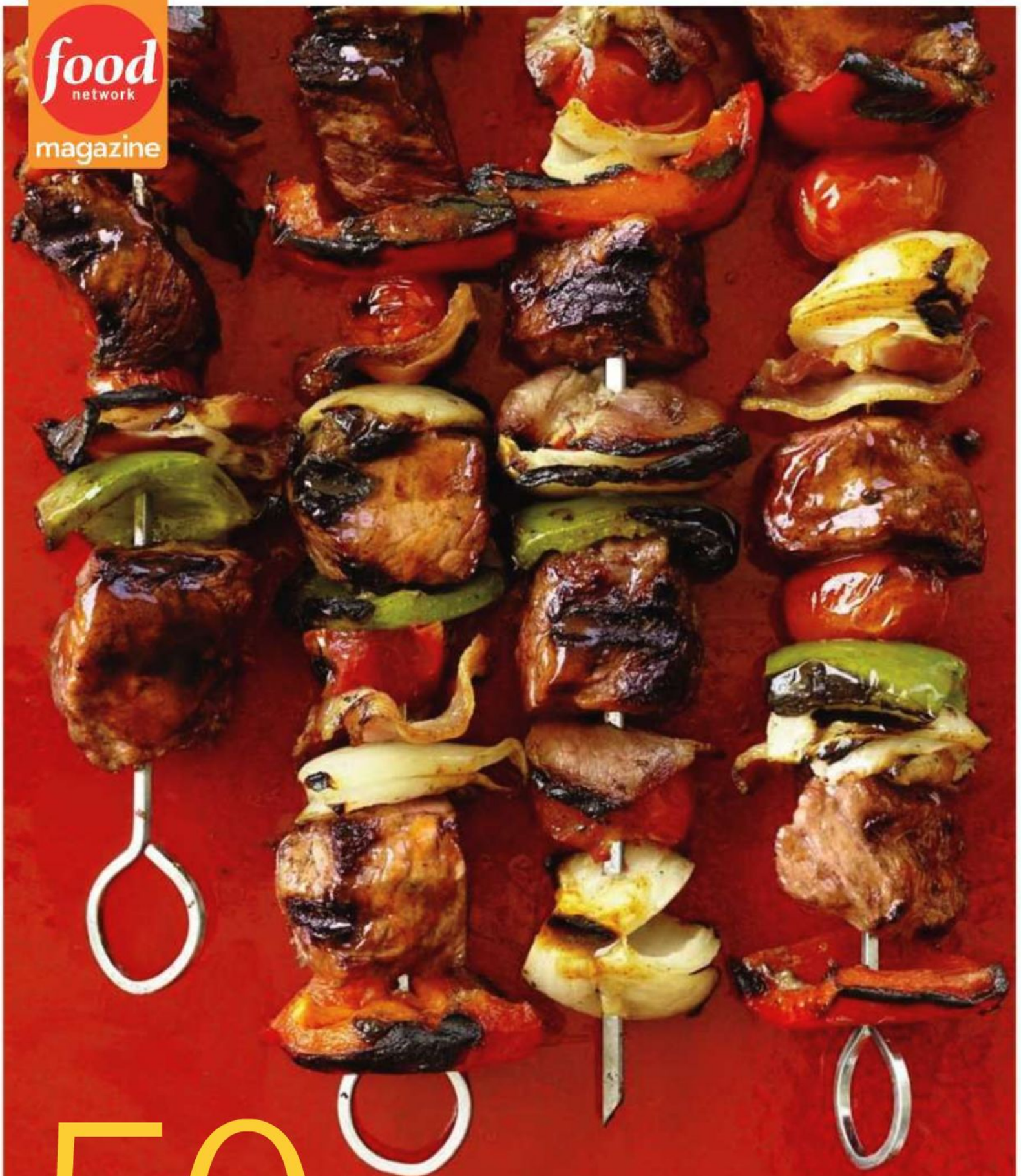
PHOTOGRAPH BY **TINA RUPP**

Dill Salmon Kebabs
Marinate cubed wild salmon in olive oil and chopped dill. Skewer and grill.

Chicken Niçoise Kebabs
Toss cubed chicken breast and pancetta, olives and cherry tomatoes with olive oil, oregano and salt. Skewer and grill.

Pull out this booklet for 50 great recipes!

food network magazine



50 Kebabs

PHOTOGRAPHS BY **TINA RUPP**

Soak wooden skewers in water for 20 minutes before grilling.

No. 10

How to make kebabs:

1. Cut the ingredients into similar-size pieces and prepare as the recipe directs. If marinating, refrigerate 1 hour for fish and up to overnight for meat and poultry.

2. Preheat a grill to high. Thread the ingredients onto skewers.

3. Grill the kebabs, turning, until the ingredients are charred and cooked to desired doneness, 3 to 15 minutes.

1. Steakhouse Marinate cubed beef tri-tip in 3 tablespoons olive oil and 1 tablespoon each soy sauce, Worcestershire sauce, chopped parsley and thyme; add salt and pepper. Skewer with onion, mushroom and boiled potato; grill.

2. Korean Beef Marinate thinly sliced short ribs and scallion pieces in ⅓ cup each sugar and white wine, 3 tablespoons sesame oil, ½ cup soy sauce, 2 crushed garlic cloves and 1 grated Asian pear. Skewer so the meat lies flat; grill.

3. Beef Kefta Mix 1 pound ground beef, 2 minced shallots, 3 minced garlic cloves, ½ cup chopped parsley, 2 teaspoons each cumin, coriander, paprika and dried mint, and ½ teaspoon cinnamon. Form 1-inch balls; skewer and grill.

4. Stuffed Peppers Make Beef Kefta mix (No. 3), adding ½ cup chopped olives. Pack into hollowed baby bell peppers, skewer and brush with olive oil. Grill; add salt and baste with lemon juice.

5. Herbed Beef Marinate cubed beef tri-tip in ½ cup olive oil, a smashed garlic clove, a pinch each of salt and red pepper flakes, and torn mixed herbs. Skewer and grill.

No. 6

Beef Satay

Marinate thinly sliced flank steak in 2 tablespoons each lime juice and fish sauce, 1 tablespoon each sugar and hot chili sauce, and 3 tablespoons cilantro. Skewer and grill. Top with peanut sauce and peanuts.

7. Chili Beef Toss cubed beef tri-tip with 3 tablespoons each brown sugar and chili powder, 1 tablespoon salt, and ½ teaspoon each fresh thyme and pepper; marinate. Skewer and grill, basting with a mix of ¼ cup each cider vinegar and brown sugar, and 1 teaspoon chili powder.

8. Bacon-Beef Boil bacon strips 5 minutes, then cut into pieces. Skewer cubed beef tri-tip, onion and bell pepper with cherry tomatoes and the bacon; season with salt and pepper. Grill, basting with a mix of equal parts barbecue sauce and olive oil.

9. Hungarian Beef Marinate cubed beef tri-tip in ½ cup olive oil, 2 smashed garlic cloves, a pinch of salt, ½ teaspoon paprika and 2 teaspoons crushed caraway seeds. Skewer with chunks of onion and bell pepper and grill.

10. Buccaneer Pork Boil 1 cup water, 3 tablespoons each salt and brown sugar, 2 teaspoons pickling spices and 4 garlic cloves. Add 1 cup rum, then cool. Add cubed pork tenderloin and marinate. Skewer with pineapple. Grill, basting with bottled jerk sauce.

FOOD STYLING: CYD RAFTUS MCDOWELL; PROP STYLING: MARINA MALCHIN.

11. BBQ Pork Skewer cubed pork loin and grill, mopping with barbecue sauce.

12. Cajun Pork Rub cubed pork loin with 3 tablespoons brown sugar and 2 tablespoons Cajun seasoning; marinate. Skewer and grill, basting with a mix of ¼ cup each cider vinegar and brown sugar.

13. Curry Pork Puree ⅔ cup coconut milk, 1 tablespoon each Thai curry paste and lime juice, 3 tablespoons peanut butter, and salt. Marinate cubed pork loin in half the sauce. Skewer and grill; serve with the rest of the sauce.

14. Fennel Pork Sprinkle cubed pork loin with ground fennel seeds and salt and brush with olive oil. Skewer with bell pepper chunks. Grill, basting with lemon juice.

15. Squash-Pork Skewer cubed pork loin and parboiled butternut squash; season with coriander. Grill, mopping with a mix of 2 tablespoons sherry vinegar, ¼ cup maple syrup, and chipotle hot sauce and salt to taste.

16. Thai Pork Mix 1 pound ground pork, 3 tablespoons each chopped mint, cilantro and basil, 1 minced shallot, 1 minced hot chile and 2 tablespoons each fish sauce and lime juice. Form into 2-inch ovals; skewer and grill.

17. Sesame Pork Mix 1 pound ground pork, 2 chopped scallions, 2 teaspoons each soy sauce, grated garlic and grated ginger, and ½ teaspoon each sesame oil and salt. Roll 1-inch balls in sesame seeds, then skewer and grill.

No. 18

Rosemary Lamb

Marinate cubed lamb leg in ½ cup olive oil, the juice of 1 lemon, some fresh rosemary and 3 smashed garlic cloves; add salt and pepper. Skewer with zucchini and grill.

19. Classic Lamb Toss cubed lamb leg with 1 grated onion, ⅓ cup olive oil, and salt and pepper. Skewer with lemon slices, onion and bell pepper; grill.

20. Indian Lamb Marinate cubed lamb leg in 1 cup plain yogurt, ½ cup each minced onion and cilantro, 2 tablespoons garam masala and 1¼ teaspoons salt. Skewer and grill; top with chutney.

21. Moroccan Lamb Mash 3 garlic cloves, 1 tablespoon coriander seeds and 1 teaspoon each cumin, paprika and salt into a paste. Mix with 1 stick softened butter and rub onto cubed lamb leg. Skewer and grill.

22. Lamb Dolmades Make Beef Kefta (No. 3) with ground lamb; wrap in grape leaves and skewer. Brush with olive oil and grill.

23. Israeli Lamb Mix 1 pound ground lamb with 1 cup each minced onion and chopped parsley and 2 teaspoons each paprika, salt and pepper. Form into 2-inch ovals; skewer and grill.

24. Meatloaf Form your favorite meatloaf mix into 2-inch ovals. Skewer and grill, basting with a mix of tomato sauce and olive oil.

25. Chicken Niçoise Toss cubed chicken breast and pancetta, olives and cherry tomatoes with olive oil, oregano and salt. Skewer and grill.

26. Jerk Chicken Marinate whole chicken thighs and pineapple chunks in 2 tablespoons jerk seasoning, 1 tablespoon vegetable oil and 2 teaspoons lime juice. Thread on double skewers; grill.

No. 31

27. Chicken Fajita Puree ½ cup olive oil, a handful of cilantro, 2 seeded jalapeños, 2 garlic cloves and salt; add cubed chicken breast and marinate. Skewer with onion and poblano pieces. Grill, basting with lime juice.

28. Chicken Liver Soak chicken livers in milk 1 hour; drain and pat dry. Skewer with bacon chunks and peeled cipollini onions. Season with salt and pepper; grill.

29. Chicken Sausage Toss quartered peaches with vegetable oil, fresh thyme and salt. Skewer with cooked chicken sausage; grill.

30. Smoky Chicken Toss cubed chicken breast with barbecue sauce, salt and minced chipotles in adobo sauce. Skewer and grill.

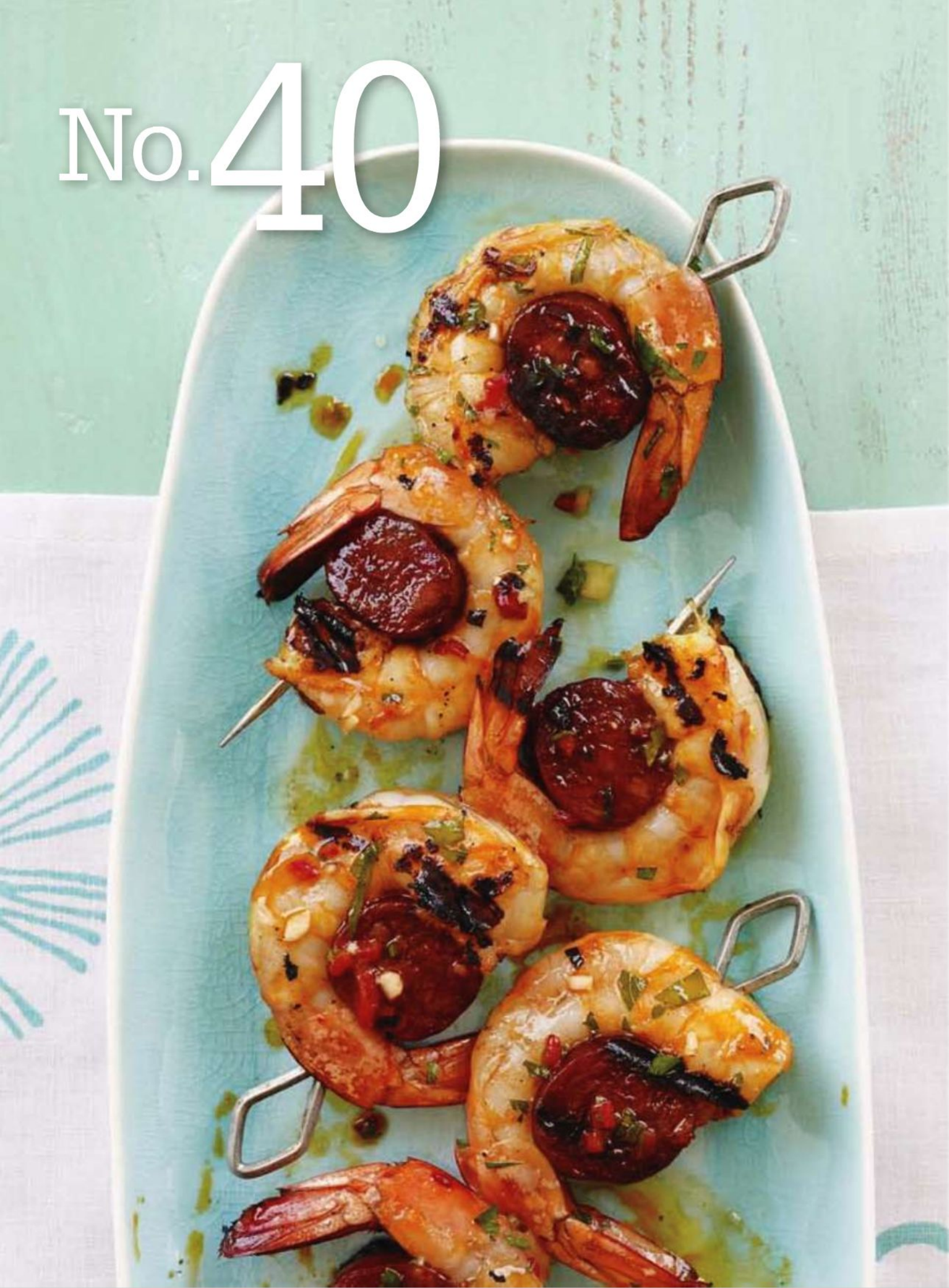
Chicken Caesar
Mix 1 pound ground chicken, 2 tablespoons Caesar dressing, ½ cup parmesan, ¼ cup breadcrumbs and 1 teaspoon lemon zest. Form into ovals, skewer and grill. Serve on romaine leaves with bread and more dressing.

32. Curry Chicken Mix ⅔ cup coconut milk, 3 tablespoons peanut butter, 1 tablespoon each Thai curry paste and lime juice, and salt. Marinate cubed chicken thighs in half the sauce. Skewer with bell pepper chunks. Grill, basting with the remaining sauce.

33. Chicken Tikka Marinate cubed chicken thighs in 1 cup yogurt, 2 tablespoons garam masala, ½ cup chopped cilantro, 1½ teaspoons each grated garlic and ginger, 1 tablespoon lime juice, and salt and cayenne. Skewer and grill. Serve with yogurt mixed with lime juice.

34. Chicken Teriyaki Marinate cubed chicken thighs in ¼ cup teriyaki sauce and 1 tablespoon vegetable oil. Skewer and grill.

No.40



35. Turkey Meatball Heat ⅓ cup cranberry sauce, 1½ tablespoons each barbecue sauce and water, 2 teaspoons cider vinegar, and salt. Mix 1 pound ground turkey, ¼ pound ground bacon, and salt. Form into balls, skewer and grill, brushing with the sauce.

36. Dill Salmon Marinate cubed wild salmon in olive oil and chopped dill. Skewer and grill.

37. Hoisin Salmon Marinate cubed wild salmon in 3 tablespoons hoisin sauce and 1 tablespoon each soy sauce, rice wine, honey and olive oil. Skewer with scallion pieces and grill.

38. Greek Shrimp Marinate large shrimp in olive oil and chopped marjoram, dill and garlic. Skewer with grape tomatoes and lemon slices. Grill, then top with feta.

39. Sesame Shrimp Toss shrimp with 1½ tablespoons each olive oil and water, 2 teaspoons each rice vinegar, toasted sesame seeds and soy sauce, and ½ teaspoon sesame oil. Skewer and grill.

40. Chorizo-Shrimp Marinate large shrimp and sliced chorizo in ¼ cup each olive oil and minced roasted red pepper, 1 tablespoon cognac and some minced parsley and garlic. Wrap the shrimp around the chorizo, skewer and grill.

41. Chipotle Shrimp Mix ¼ cup barbecue sauce, the juice of ½ orange, 3 tablespoons minced chipotles in adobo sauce and salt. Reserve a quarter of the mixture; marinate shrimp in the rest. Skewer and grill, basting with the reserved mixture.

No. 42

Scallop-Bacon

Boil bacon strips 5 minutes, then cut into pieces. Toss scallops with 1 tablespoon olive oil, 1 teaspoon smoked paprika and salt. Skewer with lemon slices and bacon; grill.

43. Mackerel a la Plancha Skewer 4-inch pieces scored mackerel fillets. Brush with olive oil, season with salt and grill. Sprinkle with smoked paprika and serve with lemon wedges.

44. Swordfish Rolls Sprinkle thin swordfish slices with lemon juice, parsley, salt and pepper. Lay thinly sliced zucchini on top, roll up and wrap with sage leaves. Skewer with sliced lemon and tomato; brush with olive oil and grill.

45. Veggie Marinate zucchini, eggplant and bell pepper chunks in olive oil, thyme, rosemary and garlic. Skewer and grill, basting with lemon juice. Season with salt.

46. Veggie Souvlaki Mash 3 garlic cloves, 1 tablespoon each coriander seeds and olive oil, and 1 teaspoon each cumin, paprika and salt into a paste. Brush on zucchini, eggplant and bell pepper chunks. Skewer and grill.

47. Curried Cauliflower Toss cauliflower florets with olive oil, curry powder and salt. Skewer and grill over indirect heat, covered.

48. Haloumi Marinate cubed haloumi cheese in ¼ cup olive oil, ½ cup chopped parsley, 3 minced garlic cloves, and 2 teaspoons each cumin, coriander, paprika and dried mint. Skewer with scallion pieces and grill.

49. Hoisin Tofu Make Hoisin Salmon (No. 37) with extra-firm tofu instead of salmon.

50. Prosciutto-Fig Wrap halved figs in prosciutto. Season with pepper, skewer and grill.

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"The Right Ingredients Make All The Difference. That's Why Bertolli is The Only Olive Oil For Me."

Fabio Viviani

Skewered Sea Bass with Spinach Pesto & Mango Salsa

By Chef Fabio Viviani

Serves: **4** Prep time: **15 min.** Marinate time: **15 min.** Cook time: **5 min.**

Ingredients

6 cloves garlic, divided
1 cup **Bertolli® Extra Virgin Olive Oil**, divided
6 mint leaves, finely chopped
2 lbs. sea bass or halibut, cut into 1-inch pieces
3 semi-ripe mangos, julienned (1/8 x 1/8 x 3-inch strips)
10 cherry tomatoes, finely chopped
2 green onions, sliced
5 basil leaves, thinly sliced
1/2 lb. baby spinach leaves
1 cup pine nuts
1/4 cup grated Parmesan cheese

Instructions

Finely chop 1 clove garlic. Combine 1/2 cup **Bertolli Extra Virgin Olive Oil**, mint and chopped garlic in large nonaluminum baking dish. Add sea bass; gently toss to coat. Cover and marinate in refrigerator up to 1 hour.

Meanwhile, combine mangos, tomatoes, onions and basil in large bowl. Cover and refrigerate until ready to serve. Process spinach, remaining 3 cloves garlic, pine nuts, remaining 1/2 cup **Bertolli Extra Virgin Olive Oil** and cheese in food processor until smooth; set aside.

Remove sea bass from marinade, discarding marinade. Skewer sea bass, then grill or broil, turning occasionally, 5 minutes or until sea bass flakes with a fork. Serve sea bass with pesto and mango salsa.

IMPORTED FROM ITALY
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For more fabulous Chef Fabio Viviani recipes, visit **BertolliOliveOil.com**.

Recipe courtesy of Chef Fabio Viviani, Owner and Executive Chef of Firenze Osteria Italian Restaurant and Martini Bar.

Photo of Chef Fabio Viviani by Antonio Busiello

Steakhouse Kebabs
Marinate cubed beef tri-tip in 3 tablespoons olive oil and 1 tablespoon each soy sauce, Worcestershire sauce, chopped parsley and thyme; add salt and pepper. Skewer with onion, mushroom and boiled potato; grill.

FOOD STYLING: CYD RAFTUS MCDOWELL;
PROP STYLING: MARINA MALCHIN.

Pat uses hickory chips for smoking: "It's a Memphis flavor—we have hickory trees here in our yard."

FOOD STYLING: MARTHA TINKLER; HAIR: KIM GREER; MAKEUP: KRIS JOHNSON.

Try this at home:

PULLED PORK

Pat and Gina Neely, hosts of *Down Home with the Neelys*, show us how to make the ultimate Memphis sandwich.

PHOTOGRAPHS BY **DAVID A. LAND**

PULLED PORK SANDWICHES

ACTIVE: 45 min | TOTAL: 6 hr 45 min (plus marinating) | SERVES: 12

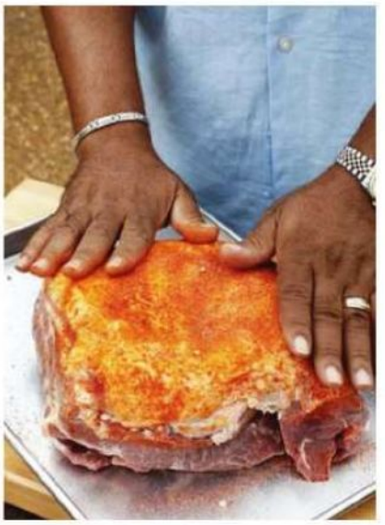
FOR THE PORK
- 6 tablespoons paprika
- 3 tablespoons granulated sugar
- Scant tablespoon onion powder
- Kosher salt and coarsely ground pepper
- 1 10-to-12-pound boneless pork shoulder or Boston butt, rinsed and dried
- 12 soft hamburger buns, split
- Coleslaw, for serving

FOR THE BARBECUE SAUCE
- 2 cups ketchup
- ¼ cup packed light brown sugar
- ¼ cup granulated sugar
- Freshly ground pepper
- 1½ teaspoons onion powder
- 1½ teaspoons dry mustard
- 2 tablespoons fresh lemon juice
- 2 tablespoons Worcestershire sauce
- ½ cup apple cider vinegar
- 2 tablespoons light corn syrup

If using a gas grill, preheat to high on one side; put soaked wood chips in a smoker box. Once smoking, reduce the heat to maintain a temperature of 275° and cook the pork, covered, on the cooler side of the grill.

1. Rub the pork.

Make the Neelys' go-to barbecue seasoning: Mix the paprika, sugar and onion powder in a bowl. Transfer 3 tablespoons seasoning to a separate bowl, add 2 tablespoons salt and 3 tablespoons pepper, and massage onto the pork. Cover with plastic wrap and refrigerate at least 2 hours or up to 1 day. (Reserve the remaining barbecue seasoning.)



2. Prepare the wood chips.

Soak 6 cups wood chips in water, about 15 minutes, then drain. Don't oversoak, or the wood will snuff out the fire.

3. Light the grill.

Fill a smoker or kettle grill with charcoal and light. (Pat uses lighter fluid; you can also use a chimney starter.) When the coals are mostly white, spread them out with tongs. Spread ½ cup of the wood chips over the coals (use 1 cup for a kettle grill). The temperature of the grill should be about 275°.

4. Cook the pork.

Place the pork fat-side down on a rack in the smoker or on the grill. Cover and cook, rotating the pork every hour or so, until a thermometer inserted into the center registers 165°, about 6 hours total.

5. Feed the grill.

As the pork cooks, add more charcoal and wood chips to keep the temperature between 250° and 275° and to maintain the smoke level.

6. Make the sauce.

Meanwhile, mix the ketchup, 1 cup water, both sugars, 1½ teaspoons pepper, the onion and mustard powders, lemon juice, Worcestershire sauce, vinegar, corn syrup and 1 tablespoon of the reserved barbecue seasoning in a saucepan over high heat. Bring to a boil, stirring, then reduce the heat to low and simmer, uncovered, stirring occasionally, at least 2 hours. Let cool, then reheat on the grill when ready to use.

7. Shred the pork.

Transfer the pork to a rimmed baking sheet (you'll want to catch all the flavorful juices) and let stand until cool enough to handle. Shred into bite-size pieces, pile on a platter and pour any juices from the baking sheet on top.

8. Make the sandwiches.

Mound the pork on bun bottoms, paint with a little barbecue sauce, top with slaw and cover with the bun tops. The best sandwich ever!

"This sandwich is one of the best sellers at our restaurant. It's huge—you really get your money's worth!"

The Neelys make a cameo on Tyler Perry's *Meet the Browns* on TBS August 11 at 10 p.m. ET; the stars of *Meet the Browns* appear on *Down Home with the Neelys* August 7 at 11 a.m. ET.

Pretty Cool

This colorful **blackberry summer pudding** is the ideal dessert on a hot day: no baking required.

Summer pudding is a classic British dessert made with layers of fruit and bread.

what you'll need

8 cups blackberries (about 6 half-pints), plus more for serving

¾ cup granulated sugar

2 tablespoons honey or agave syrup

2 teaspoons grated lemon zest

1 tablespoon fresh lemon juice

Unsalted butter, for the dish

1 loaf (about 1 pound) sliced white sandwich bread

1 vanilla bean

1 cup heavy cream

2 tablespoons confectioners' sugar

BLACKBERRY SUMMER PUDDING

ACTIVE: 35 min | TOTAL: 35 min (plus chilling) | SERVES: 8

1. Toss 4 cups blackberries with the granulated sugar, honey and lemon zest and juice in a medium saucepan. Bring to a boil over medium heat, then reduce the heat to medium low and simmer gently, uncovered, until the berries burst, about 8 minutes. Remove from the heat and stir in the remaining 4 cups berries. Let cool.

2. Butter the bottom and sides of a 2-quart soufflé dish and line with plastic wrap. Trim off the bread crusts, then line the bottom and sides of the dish with a single layer of bread, trimming the slices as needed to cover the dish completely.

3. Spoon half of the berries and juice into the dish. Cover with a single layer of bread slices. Top with the remaining berries and finish with another layer of bread to completely seal the pudding. Pour any remaining juices over the top layer and cover with plastic wrap. Set a small flat plate on top and weigh it down with a large heavy can. Refrigerate the pudding at least 6 hours or overnight.

4. Before serving, split the vanilla bean lengthwise and scrape the seeds into a chilled bowl. Add the cream and confectioners' sugar and beat with a mixer until it holds soft peaks.

5. Remove the plate and plastic wrap and set the soufflé dish in a sink filled with 1 inch of warm water to loosen the pudding. Place a serving plate on top, invert the pudding onto the plate and remove the plastic wrap. Serve with the whipped cream and more blackberries.

BLACKBERRY SUMMER PUDDING: CON POULOS, FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: MARINA MALCHIN. INGREDIENTS: MARKO METZINGER/STUDIO D.

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The Gang

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Party Time

Make **red-white-and-blue cocktails.** Then, check out Tyler Florence's Fourth of July party and update your own backyard bash.

On the "Rocks"

Turn summer drinks into firecrackers by coating the glass rims with **Pop Rocks.** Just dampen with lemon juice, then dip the rims in the candies on a plate. To get the red-white-and-blue effect, use Tropical Punch (blue) Pop Rocks, then fill the glasses with any red drink or cocktail; we mixed pomegranate and cranberry juice with seltzer.

Pound the Pop Rocks packet before opening to crush the candies into smaller granules.

PHOTO: LEVI BROWN; FOOD STYLING: BRETT KURZWEIL

Tyler and his son Hayden, 3, relax before the cookout.

FOOD STYLING: KEVIN CRAFTS; PROP STYLING: DANI FISHER; GROOMING: ALISHA MEEK.

Tyler's Fourth of July Feast

Tyler Florence invites us to his Northern California home for a Southern-style barbecue.

PHOTOGRAPHS BY **JAMES BAIGRIE**

Don't get Tyler Florence wrong—

he loves a simple burger or hot dog straight off the grill, but there's plenty of time for that all summer. On the Fourth of July, when the chef has an extra day off to spend with his family, he likes to slow down and break out dishes that he doesn't get to make on a typical hectic weekend: old favorites like smoked ribs, homemade relishes and peach cobbler. "I'm from the South, and when I was growing up, we'd take the Fourth of July to a whole new level," he says.

Tyler now lives in Mill Valley, CA, a small town just north of San Francisco, with his wife, Tolan, and their two children, Hayden, 3, and Dorothy, who's about to turn 2. But this menu always brings him back to his South Carolina roots. "My oldest son, Miles, who's 14, loves this kind of food," Tyler says. The other two kids are a bit young for it, he says, "but I'm sure they'll develop a taste for the South as well. I've always enjoyed the Fourth of July, but it gets even better as my family grows."

SMOKED RIBS WITH DRY RUB

ACTIVE: 30 min | TOTAL: 3 hr | SERVES: 8 to 10

FOR THE RUB

Kosher salt and freshly ground pepper
¾ cup garlic powder
½ cup dried oregano
½ cup celery seeds, toasted
1 cup smoked paprika
½ cup chili powder
¾ cup ancho chile powder

FOR THE RIBS

¾ cup distilled white vinegar
Juice of 2 lemons
4 slabs baby back pork ribs (about 2 pounds each)

1. Soak applewood smoking chips in water, about 15 minutes. Set up a grill for indirect cooking over medium heat (leave one side with no heat source). Drain the wood chips. If using a gas grill, put the chips in a smoker box and place over the heat source; if using a charcoal grill, place the wet chips directly on top of the coals.
2. Make the rub: Combine ¼ cup salt, 2 tablespoons pepper, the garlic powder, oregano, celery seeds, paprika, chili powder and ancho chile powder in a bowl. Set aside about one-third of the mixture for sprinkling on the ribs when finished.
3. Make the ribs: Combine the vinegar, lemon juice and ¼ cup water in a spritzer bottle. This will be used for basting, which will keep the ribs moist and tender and help the rub stick.
4. Rub the ribs all over with the remaining dry rub, then put them on the cooler side of the grill (not over direct heat; you want the ribs to cook low and slow). Cover and cook 2 hours and 30 minutes, spraying the ribs with the vinegar mixture two or three times throughout the cooking. When the ribs are just about done, give them a final spray and sprinkle liberally with the reserved dry rub so the finished ribs are coated with all that delicious flavor.

Tyler hosts the new series *The Great Food Truck Race*, premiering August 15 at 10 p.m. ET.

SAVOY, LIME AND CILANTRO COLESLAW

ACTIVE: 15 min | TOTAL: 15 min | SERVES: 4 to 6

- 1 head Savoy cabbage
- 4 scallions
- ½ bunch fresh cilantro, torn
- ½ cup sour cream
- ½ cup mayonnaise
- 1½ tablespoons sugar
- 2 limes
- Kosher salt and freshly ground pepper

1. Shave the cabbage with a sharp knife or mandoline so you have thin ribbons. Cut the scallions long and on the bias so you have pieces similar in shape to the cabbage. Toss the cabbage, scallions and cilantro in a large salad bowl.

2. Make the dressing by combining the sour cream, mayonnaise, sugar and the zest of the limes in a medium bowl. Season with salt and pepper and finish with a squeeze of lime juice. Pour the dressing over the cabbage mixture and toss to combine.

SPICY BLACK-EYED-PEA RELISH

ACTIVE: 20 min | TOTAL: 1 hr 20 min | SERVES: 6 to 8

- 3 cups dried black-eyed peas
- 2 slices thick-cut bacon
- ¼ bunch fresh thyme
- 2 tomatoes, quartered
- 5 dried red chile peppers
- 5 cloves garlic
- Kosher salt and freshly ground pepper
- 4 cups low-sodium chicken broth
- ¼ cup chopped fresh cilantro, plus more for garnish
- 4 scallions, chopped
- Juice of 1 lemon
- Extra-virgin olive oil, for drizzling

1. Combine the dried peas, bacon, thyme, tomatoes, chiles and garlic in a large pot. Season with salt and pepper and pour the chicken broth over top. Simmer over medium-low heat until the peas are tender, about 1 hour.
2. Drain the peas, reserving the cooking liquid. Discard the thyme and chiles. Remove the bacon, tomatoes and garlic from the cooked peas and set aside. Cut up the bacon and fold it back into the peas along with the cilantro, scallions and lemon juice.
3. Puree the cooking liquid with the tomatoes and garlic in a blender. Dress the peas with the puree and give it a final seasoning with salt and pepper, if necessary. Top with cilantro and a drizzle of olive oil.

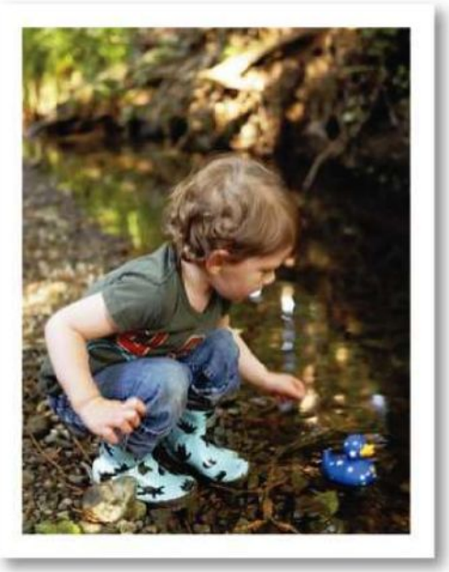
HEIRLOOM TOMATO CHOW-CHOW

ACTIVE: 25 min | TOTAL: 45 min (plus cooling) | SERVES: 4 to 6

- 4 cups apple cider vinegar
- 1 cup sugar
- 1 1-inch piece ginger, grated
- 1 tablespoon dry mustard
- 1 tablespoon turmeric
- 3 tablespoons mustard seeds
- 3 tablespoons celery seeds
- 1½ tablespoons pickling spice
- Kosher salt
- 2 pounds firm heirloom tomatoes (mixed colors and varieties), cut into large chunks
- 2 medium onions, sliced

1. Combine the vinegar, sugar, ginger, dry mustard, turmeric, mustard seeds, celery seeds, pickling spice and 1 teaspoon salt in a large pot. Bring to a boil over high heat, then reduce the heat and simmer 15 minutes to extract the flavors of the spices.
2. Return to high heat; once the mixture is boiling and steaming, add the tomatoes and onions, stirring to coat everything evenly. Reduce the heat and simmer 5 minutes. Remove from the heat and cool to room temperature.

"To me, July Fourth is the pinnacle of summer," Tyler says.



Hayden and Dorothy race rubber duckies in the creek out back.

BOURBON PEACH COBBLER

ACTIVE: 20 min | TOTAL: 1 hr | SERVES: 6 to 8

- 8 peaches, peeled and sliced (6 to 8 cups)
- ¼ cup bourbon
- ¾ cup sugar, plus more for sprinkling
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon, plus more for sprinkling
- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon kosher salt
- 2 sticks cold unsalted butter
- ¾ cup heavy cream, plus more for brushing
- 1 quart vanilla-bean ice cream, for serving

1. Preheat the oven to 375°. Combine the peaches, bourbon, ¼ cup sugar, the cornstarch and cinnamon in a large bowl and toss to coat.
2. Sift the flour, the remaining ½ cup sugar, the baking powder and salt into a bowl. Cut 1½ sticks of the butter into small pieces; add to the flour mixture and cut it in with a pastry blender or your hands until the mixture looks like coarse crumbs. Pour in the cream and mix just until the dough comes together. Don't overwork; the dough should be slightly sticky but manageable.
3. Melt the remaining ½ stick butter in a 10-inch cast-iron skillet over medium-low heat. Add the peach mixture and cook gently until heated through, about 5 minutes. Transfer the mixture to a 2-quart baking dish (or leave in the skillet). Drop the dough by tablespoonfuls over the warm peaches. (There can be gaps because the dough will puff up and spread as it bakes.) Brush the top with some heavy cream and sprinkle with sugar and a little extra cinnamon.
4. Bake in the oven on a baking sheet (to catch any drips) until the cobbler is browned and the fruit is bubbling, 40 to 45 minutes. Serve warm with the ice cream.

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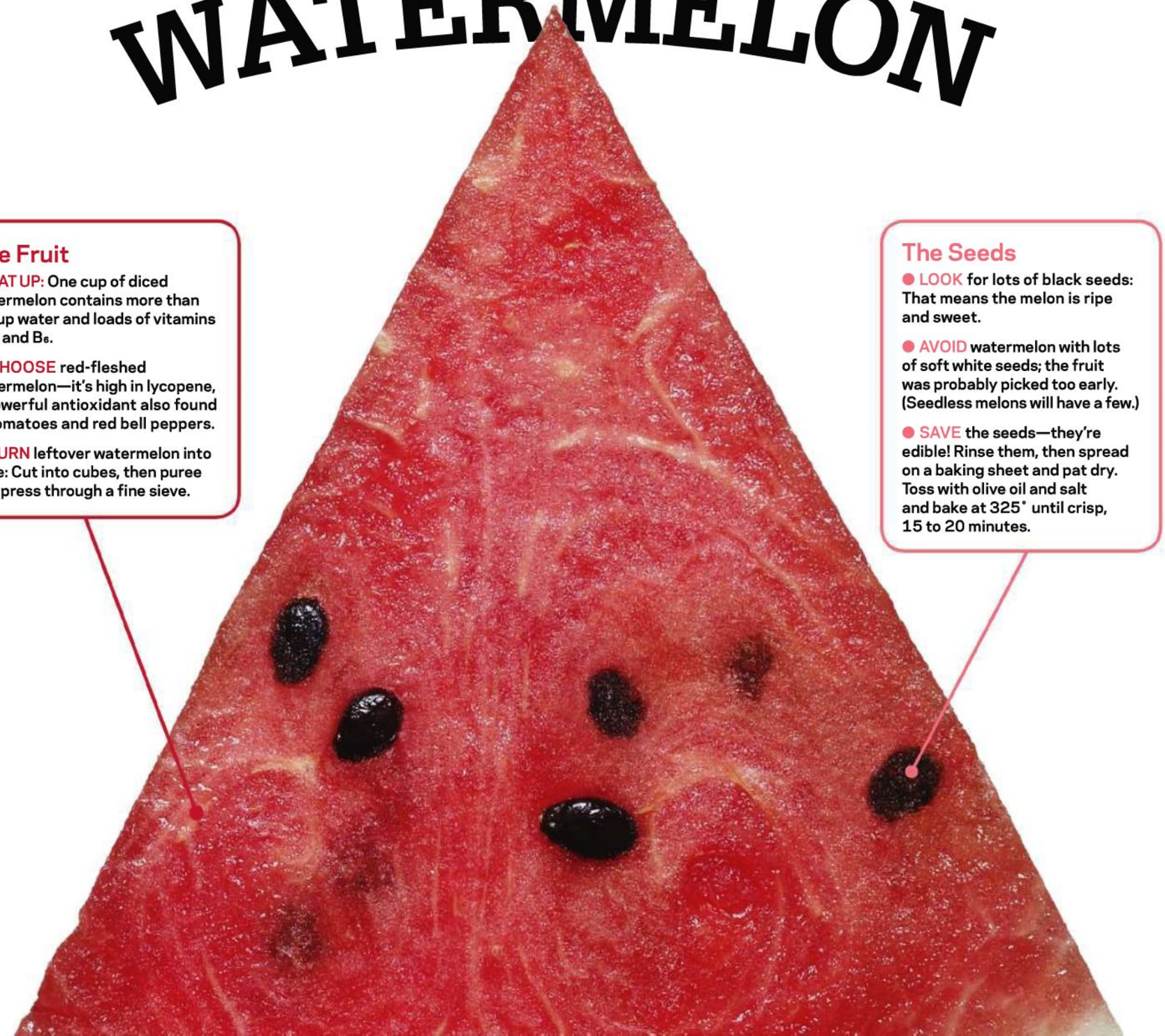
WATERMELON

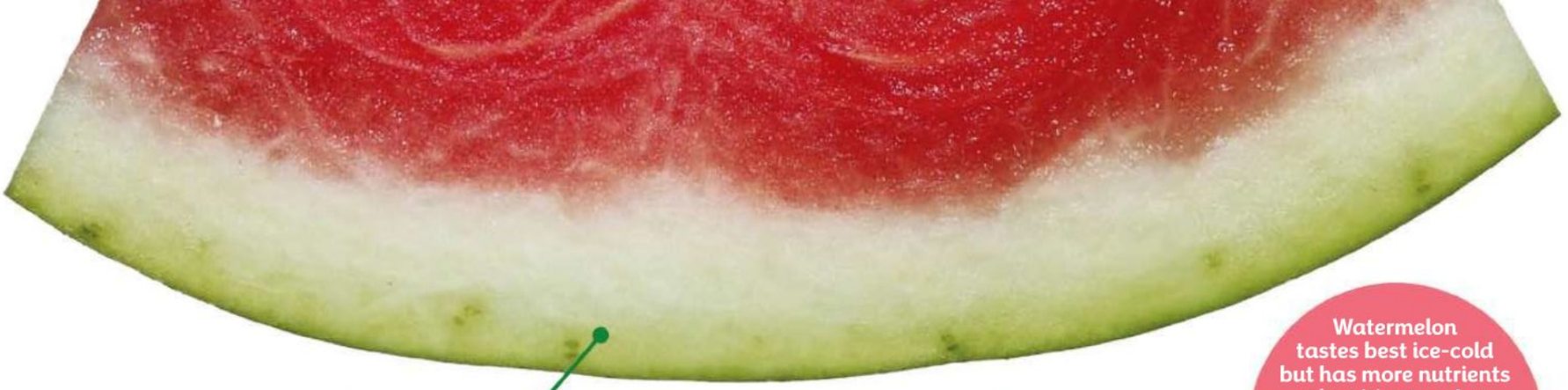


The Fruit

- **EAT UP:** One cup of diced watermelon contains more than ½ cup water and loads of vitamins A, C and B_6.
- **CHOOSE** red-fleshed watermelon—it's high in lycopene, a powerful antioxidant also found in tomatoes and red bell peppers.
- **TURN** leftover watermelon into juice: Cut into cubes, then puree and press through a fine sieve.

The Seeds

- **LOOK** for lots of black seeds: That means the melon is ripe and sweet.
- **AVOID** watermelon with lots of soft white seeds; the fruit was probably picked too early. (Seedless melons will have a few.)
- **SAVE** the seeds—they're edible! Rinse them, then spread on a baking sheet and pat dry. Toss with olive oil and salt and bake at 325° until crisp, 15 to 20 minutes.



Watermelon tastes best ice-cold but has more nutrients when it's stored at room temperature. Keep it on the counter until you're ready to slice it, then chill the cut pieces before eating.

The Rind

- BUY a watermelon with a dull rind, not a shiny one. It should be firm but give a little when pressed.
- WASH the rind before slicing (remember, the melon was on the ground!).
- PICKLE the rind: Cube, then soak overnight in heavily salted water. The next day, simmer 1 cup white wine, 1 cup rice vinegar, 1 cup Pernod, 4 cups sugar, 2 cinnamon sticks and a big pinch of cloves and allspice to make a syrup. Drain the rind; cook in the syrup until translucent, then cool.

The Watermelon Bar

Cool down with a cocktail.

Virgin Watermelon Cape Codders

Puree 1 cup cubed watermelon, 2 cups cranberry juice and ¼ cup each grenadine and lemon juice in a blender. Strain, then pour ¾ cup of the strained puree into ice-filled glasses; top with seltzer and garnish with lemon.

Frozen Watermelon Margaritas

Puree 1½ cups cubed watermelon, 1 cup tequila, ½ cup each lime juice and orange liqueur, 1 to 2 tablespoons confectioners' sugar, ½ teaspoon salt and 3 cups ice in a blender. Divide among glasses; garnish with lime and watermelon.

Watermelon Mojitos

Muddle 2 watermelon chunks with the juice of 1 lime and 2 teaspoons sugar in each glass. Stir in a handful of mint leaves, then add 2 ounces white rum and ice. Top with ginger ale; garnish with more mint.

Check out new takes on watermelon in this issue: Freeze it into a slushy (page 117). • Turn it into a poolside snack (page 182). • Serve it in style (page 146).

PHOTOGRAPHS BY **LEVI BROWN**

FOOD STYLING: BRETT KURZWEIL; PROP STYLING: MARINA MALCHIN.

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New & Improved

4th of July

Cakes decorated like the flag, watermelons carved into baskets… been there, done that? Spark up your backyard bash with some updated twists on retro faves.

PHOTOGRAPHS BY **TARA DONNE**

FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: MEGHAN GUTHRIE

Old-School:
Flag Sheet Cake

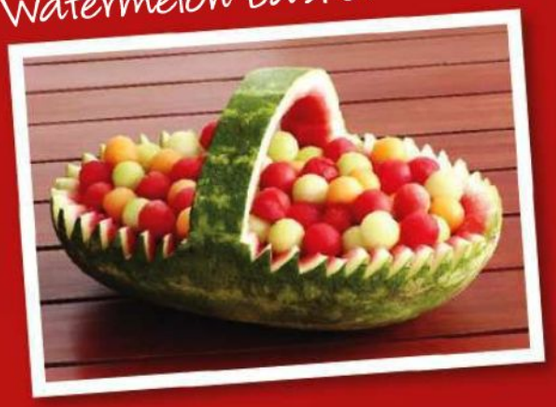
Fruit-Tart Flag

The Fourth of July flag cake was fun the first few times Mom made it, but let's be honest: It could use an update. These grab-and-go tarts are just as patriotic, and they're even easier to serve: No forks or plates required. Just fill premade miniature tart shells or phyllo cups with sweet mascarpone cream (see recipe below), then arrange on a tray and top with blueberries and halved strawberry slices to create stars and stripes.

MASCARPONE CREAM

Beat an 8-ounce container of mascarpone cheese and 3 tablespoons confectioners' sugar with a mixer until smooth. Gently fold in ½ cup freshly whipped cream.

Old-School: Watermelon Basket



Color-Coded Fruit Bowls

Step up your fruit salad this year by serving cubes of fruit in color-coordinated fruit bowls. Place honeydew, kiwi, green apples and grapes in a hollowed-out honeydew; pineapple, mango, papaya and banana in a pineapple shell; and raspberries, strawberries and watermelon in a small watermelon. (We used the Sugar Baby variety.)

Old-School:
Ice Ring

High-Art Punch

Ice-ring molds are bona fide crowd pleasers—until they melt and water down the punch. This modern twist actually adds flavor: We froze spheres of red juice using an ice-ball tray *($5; gourmac.com)* and added them to a clear punch. You can use any combination of juices, like pomegranate, cherry or cranberry, and just drop the frozen balls into a punch of white grape juice mixed with seltzer or sparkling wine.

old-school:
Disposable tableware

Greener Party Goods

Tossing everything into a big black garbage bag at the end of the day is one retro tradition we won't miss—especially now that so many great reusable goods are on the market. This year, trade paper napkins for cotton dish towels *(50¢ each; at Ikea stores)*, paper plates for melamine *(gingham, $18 each; laplates.com; floral, $3 each; at Ikea stores)* and disposable cups and cutlery for reusable plastic *(utensils, $8 for 24 pieces; nimli.com; cups, $2 for 4; at Ikea stores)*. Invest in a few reusable decorations *(battery-operated lanterns, $12.50 for three; at Pier 1 Imports stores)*, and you'll have them for many summers to come.

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it's time for real sandwiches

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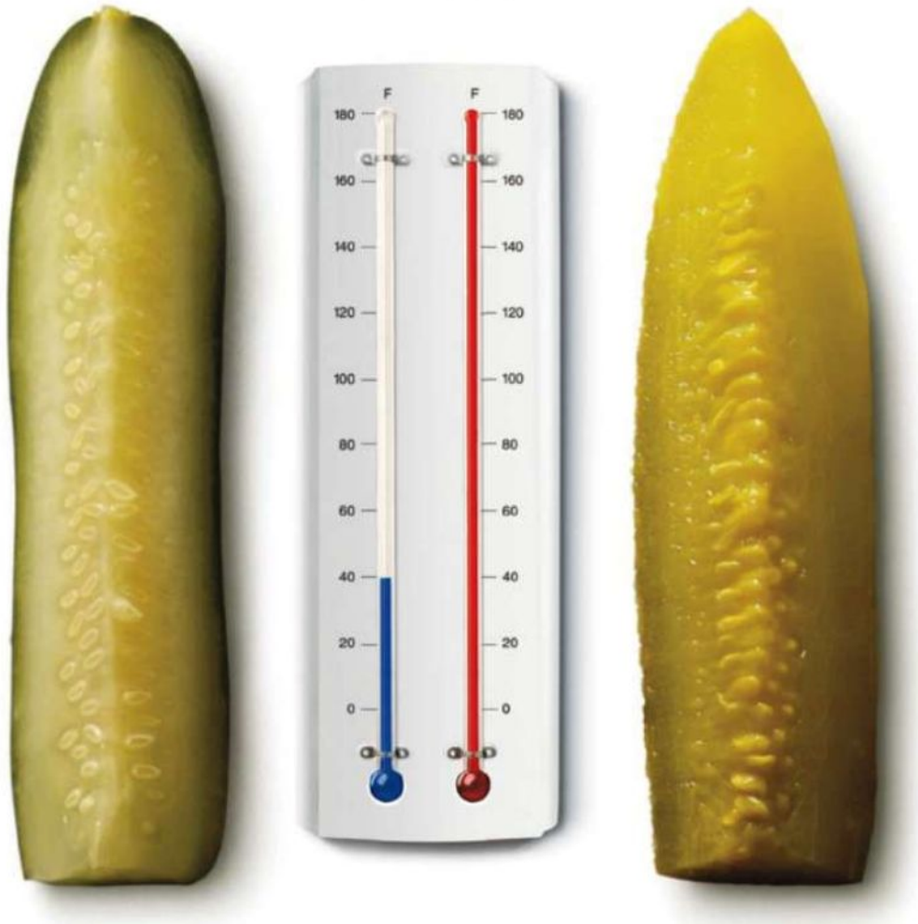

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On the Road

Pick up a **new summer tote.** Then, hit the Hamptons with Ina Garten and try the best breakfast in every state.

Canvas the Area

You won't need a guidebook on your summer vacation if you're carrying one of these **Maptotes** (*$15 to $35; maptote.com*). A cartographer and his stylist wife designed the bags, consulting with locals in cities across the country (and around the world) to find the best spots to include on each map. They've created totes for 40 popular destinations so far. If yours isn't in the mix, not to worry: You can vote for the next city the artists will feature at *maptote.com*.

CHARLES MASTERS.

My Top Five

Long Island, NY

Ina Garten directs us to a few of her favorite bites in the Hamptons.

1 Fresh Corn
Pike Farms Stand

Ina stocks up on corn from this stand, then sautés the kernels with butter, salt and pepper. "It's the best corn anywhere," she says. Others agree: When developers threatened to take over Pike's land, locals banded together to save it. *65¢ per ear; 82 Sagg Main St., Sagaponack, NY; pikefarms.com*

2 Roasted Chicken
1770 House

Ina's go-to dish—roasted organic chicken served in a natural jus—is just the thing to order at this centuries-old inn. "When you've had a hard day, there's nothing like going to the pub with a good friend and settling into a corner table," Ina says. "All is well with the world." *$29; 143 Main St., East Hampton, NY; 1770house.com*

3 Grilled Fish
Duryea's Lobster Deck

This outdoor spot is a local favorite. "Everything is absolutely delicious," Ina says. "Their grilled fish has incredibly flavorful seasoning. You go out by the water and feel like you're in Greece. Jeffrey has to come here at least once a week." *$19–$27; 65 Tuthill Rd., Montauk, NY; duryealobsters.com*

4 Shrimp and Swordfish Curry
Loaves & Fishes Gourmet Take-out

Whenever this dish is available, Ina makes it her Sunday dinner. She's supporting a friend: Owner Anna Pump once worked at Barefoot Contessa. "Loaves & Fishes is one of the best specialty food stores in the country," Ina says. *$40 per quart; 50 Sagg Main St., Sagaponack, NY; landfcookshop.com*

5 Neal's Yard Dairy Cheddars and Stilton
Cavaniola's Gourmet Cheese Shop

"The owners make you try everything" at this shop, Ina says. "The cheeses are always perfect." They make panini, too; try the one with brie, Parma ham, apples and honey mustard. *Stilton, $27 per lb.; panini, $9; 89-B Division St., Route 114, Sag Harbor, NY; 631-725-0095*

It's hard to imagine the Hamptons without Ina Garten: She has been living and cooking in East Hampton, on New York's Long Island, with her husband, Jeffrey, for more than 30 years, and it's where she became known as the Barefoot Contessa. (That's the name of the specialty food shop she bought in 1978 and ran for 18 years.) Ina is a huge supporter of local food shops and restaurants. Here are some of her favorites:

PORTRAIT: QUENTIN BACON. FROM TOP: MICHAEL COHEN; KERI LAMPARTER COMMUNICATIONS; ANNA PUMP; TRACEY CAVANIOLA.

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Pamela's P&G Diner
Pittsburgh, PA
Helen's Famous Sausage House
Smyrna, DE
Miss Shirley's Café
Baltimore, MD
Petrow's Restaurant
Omaha, NE
Founding Farmers
Washington, D.C.
Village Deli
Bloomington, IN
The Poky Dot Diner
Fairmont, WV
Kuba Kuba
Richmond, VA
The Chef
Manhattan, KS
Rooster
St. Louis, MO
Lynn's Paradise Café
Louisville, KY
Sunrise Biscuit Kitchen
Chapel Hill, NC
The Capitol Grille
Nashville, TN
The Pancake Shop
Hot Springs, AR
Marina Variety Store Restaurant
Charleston, SC
B. Matthew's Eatery
Savannah, GA
Triplett-Day Drug Company Soda Fountain
Gulfport, MS
Café 615
Mobile, AL
Café Des Amis
Breaux Bridge, LA
Skyway Jack's
St. Petersburg, FL

Make the RIGHT Choice!

Baked or Fried

TOTAL FAT	5g
SAT FAT	1.5g
TRANS FAT	0g
CHOLESTEROL	0mg
GOOD SOURCE OF VITAMINS AND MINERALS	7

*

TOTAL FAT	8g
SAT FAT	3.5g
TRANS FAT	1g
CHOLESTEROL	5mg
GOOD SOURCE OF VITAMINS AND MINERALS	0

†

Kellogg's® pop-tarts® toaster pastries

Always baked. Never fried.

* Nutritional information stated above applies to Frosted Strawberry *Pop-Tarts* ® toaster pastries.

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† THE PILLSBURY COMPANY, LLC

The Braeburn Restaurant
Langley, WA
Goode's Q & Bayou Grill
Great Falls, MT
Kroll's Diner
North Dakota
Green Salmon Coffee House
Yachats, OR
Red Feather Lounge
Boise, ID
Sherrie's Place
Casper, WY
Blue Bell Lodge at Custer State Park Resort
Custer, SD
Dish Café
Reno, NV
Sill's Café
Layton, UT
King's Chef Diner
Colorado Springs, CO
Marston's Restaurant
Pasadena, CA
Over Easy
Phoenix and Scottsdale, AZ
Tecolote Café
Santa Fe, NM
Cattlemen's Steakhouse
Oklahoma City, OK
Torres Taco Haven
San Antonio, TX
Gwennie's Old Alaska Restaurant
Anchorage, AK
Eggs 'n Things
Honolulu, HI

Boynton-McKay Food Co.
Camden, ME
Penny Cluse Café
Burlington, VT
The Littleton Diner
Littleton, NH
Craigie on Main
Cambridge, MA
Al Johnson's Swedish Restaurant & Butik
Sister Bay, WI
Jigger's Diner
East Greenwich, RI
Be'wiched Deli
Minneapolis, MN
Kitchen Little
Mystic, CT
The Fly Trap: A Finer Diner
Ferndale, MI
Summit Diner
Summit, NJ
The Breslin
New York, NY
Grove Café
Ames, IA
Ina's
Chicago, IL
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Mobile, AL
Café Des Amis
Breaux Bridge, LA
Skyway Jack's
St. Petersburg, FL

It's good to be turbo.

The 2010 Tiguan. Starting at $23,200.[1]

Good news for people who hate slow. You just found driving bliss behind the wheel of the Tiguan. Which comes standard with our award-winning 200-hp turbocharged engine. No other compact SUV can say that. So you can spend less time getting there and more time being there.

In the short time it takes to get anywhere, get comfy in your 8-way adjustable seat. Open the available, huge panoramic sunroof to let in the breeze. And crank up your music on the optional touchscreen sound system. All of which will make you realize, it's definitely good to be you.

That's Das Auto.

Volkswagen Carefree Maintenance

3 Years or 36,000 Miles of No-Charge Scheduled Maintenance.
Whichever occurs first. Some restrictions. See dealer or program for details.

©2010 Volkswagen of America, Inc. [1]Base MSRP for Tiguan S with manual transmission. Tiguan SEL shown, MSRP $31,550, including automatic transmission. [2]Prices exclude taxes, transportation, title, other options and dealer charges. Dealer sets actual price.

ALABAMA

Café 615, Mobile

★ Eggs Mauvila

You won't find Eggs Benedict at this restaurant in historic downtown Mobile, but you will find Eggs Mauvila, Café 615's Southern take on the dish. In place of the English muffin: three fried, cheesy grit cakes topped with poached eggs, bacon, hollandaise sauce and handpicked lump crabmeat. Don't balk at the price; considering all the crab you get, it's practically a bargain.

$23; 615 Dauphin St.; cafe615mobile.com

ALASKA

Gwennie's Old Alaska Restaurant, Anchorage

★ Reindeer Sausage Omelet

The Eagley family prides itself on serving Paul Bunyan–worthy breakfasts at its three-story restaurant, and rightly so. The place serves 10 tons of reindeer sausage every year, much of it in orders of this omelet: a five-egger filled with the mild, peppery sausage and blanketed with cheddar cheese sauce. To get the respect of locals, you'll have to clean your plate.

$12; 4333 Spenard Rd.; gwenniesrestaurant.com

ARIZONA

Over Easy, Phoenix and Scottsdale

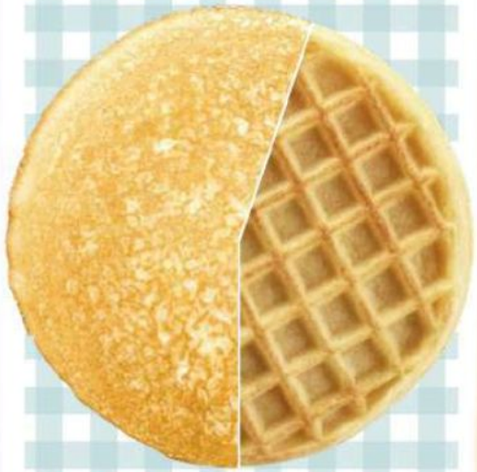
★ The Over Easy

A few years ago, chef Aaron May turned an old Phoenix Taco Bell into the first of two sunny breakfast spots and created a dish good enough to bear the restaurant's name: The Over Easy. He tops toasted brioche with a fried egg, sautéed spinach and scallions, then drizzles it with a smoky gravy that soaks into the bread. It's great just like that, but he scatters bacon all over the plate for good measure.

$9; two locations; eatatovereasy.com

ONLINE READER POLL

Pancakes OR Waffles?



56% Pancakes

44% Waffles

ARKANSAS

The Pancake Shop, Hot Springs

★ Banana Pancakes

This family-owned restaurant started serving breakfast—and only breakfast—in 1940, and The Pancake Shop's namesake recipe hasn't changed since. Regulars know to order the banana: Tiny bits of fruit are mixed into the batter, so there's banana in every bite. The huge flapjacks are especially popular during horse-racing season, when jockeys and trainers stop in for a stack before heading to the nearby track.

$7 for five; 216 Central Ave.; pancakeshop.com

CALIFORNIA

Marston's Restaurant, Pasadena

★ Fantastic French Toast

The signature dish at this Pasadena restaurant involves two morning favorites: breakfast cereal and French toast. Thick slices of sourdough bread are dipped in a cinnamon-sugar egg batter, then dredged in crushed cornflakes mixed with more cinnamon sugar. It's genius construction—the coating stays crunchy even when you smother it with warm syrup and butter.

$9; 151 East Walnut St.; marstonsrestaurant.com

SYRUP GRID PHOTO: CHARLES MASTERS; FOOD STYLING: BRETT KURZWEIL. READER POLL, PANCAKE: AYAZAD/SHUTTERSTOCK; WAFFLE: ISTOCKPHOTO. AL: MICHELLE PRAYTOR. AK: RON EAGLEY. AZ: CARL SCHULTZ. CA: STEPHANIE WILEY.

COLORADO

King's Chef Diner, Colorado Springs

★ Breakfast Burrito

This 13-seat diner looks like a kids' bouncy castle on the outside, but the food isn't child's play: The breakfast burrito is a fiery torpedo loaded with eggs, grilled onions, hash browns and sausage, topped with cheese and served with a side of legendary "habanero-hot" green chili sauce. A fire-breathing dragon on the menu warns patrons to order at their own risk, but few seem deterred: The owner opened a second location to keep up with demand for the hot stuff.

$8; two locations; kingschefdiner.com

DELAWARE

Helen's Famous Sausage House, Smyrna

★ Sausage Sandwich

Truckers love this roadside eatery for its hours—it opens at 4 a.m.—and its snappy pork sausages. They're made by Delaware's famous Kirby and Holloway purveyors and fried each morning using a secret technique handed down for four generations. Each bun gets not one but two juicy, deep-fried links loaded with peppers and onions or cheese. Most people grab one to go, but if you stay, you get to eat in the kitschy Elvis room.

$3.50; 4866 North Dupont Hwy.; helenssausagehouse.com

FLORIDA

Skyway Jack's, St. Petersburg

★ Philadelphia Scrapple

Scrapple, a fried patty of cornmeal and pork scraps, is a Pennsylvania diner staple, and Florida's transplants from the Northeast aren't about to live without it. This landmark restaurant's late founder, Jack Thomas, added scrapple to the menu in the '70s, after making it for years as a cook in the navy. Today, each slice is still fried to order. It's a meal in itself, but it's best paired with home fries and eggs.

$6; 2795 34th St. South; 727-867-1907

CONNECTICUT

Kitchen Little, Mystic

★ The Portuguese Fisherman

Kitchen Little is truly itty-bitty—a cute blue waterfront shack on the Mystic River. You'll have to wait for a table on weekends, but put in the time, then try this popular dish: a delicious, slightly fiery scramble of eggs, ground chouriço and linguiça sausages, and cheese, served with a soft toasted and buttered Portuguese muffin. The only thing you'll need on the side is a mug of coffee.

$10; 135 Greenmanville Ave.; kitchenlittle.org

GEORGIA

B. Matthew's Eatery, Savannah

★ HabersHam and Eggs

This dish pays tribute to Savannah's Revolutionary War hero Joseph Habersham, and he'd be proud of the ham that bears his name: thick-cut, sugar-cured and smoked at this restaurant's sister barbecue joint. It comes with a biscuit, two eggs and seriously rich gravy made with bacon drippings. Regulars know to ask for fresh local tomatoes on the side in the summer.

$7; 325 East Bay St.; bmatthewseatery.com

the Usual

"I almost always order **EGGS OVER EASY** with extra-crispy **HASH BROWNS** and **COFFEE.**"

—Melissa d'Arabian

"I have a **CHORIZO-EGG SCRAMBLE** with **COFFEE** and **OJ.** To me, chorizo and eggs is the perfect breakfast—it's familiar."

—Aarón Sánchez

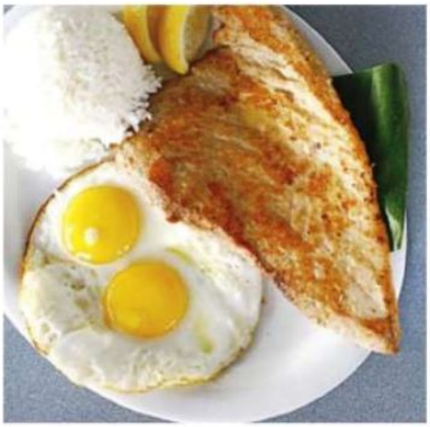
CO: SCOTT DIXON. CT: BRIDGE AND TUNNEL CLUB. DE: BRENDAN GAUTHIER. FL: GAYLE GORDON. GA: JENNIFER HUSKEY.

HAWAII

Eggs 'n Things, Honolulu

★ Ahi Steak and Eggs

When Eggs 'n Things first opened in the '70s, fishermen would walk into the Waikiki spot with their daily catch for the cooks to prepare. New laws nixed that tradition, but today, the fish is still super fresh. Every morning the kitchen dishes out sautéed local ahi tuna with eggs, a nod to the Japanese custom of eating fish at breakfast. Go traditional and ask for rice on the side.
$11; 343 Saratoga Rd.; eggsnthings.com



IDAHO

Red Feather Lounge, Boise

★ Oatmeal Soufflé

Customers clamor for the coveted seats on the outdoor patio here, and they get downright desperate for the oatmeal soufflé: The chef makes only about a dozen on weekend mornings, and they often sell out within an hour or two. The cult favorite is something between a trumped-up bowl of oatmeal and a dressed-down dessert—hearty and light at the same time and just a little sweet. Make sure you show up before 10 a.m. if you want to snag one.
$6; 246 North Eighth St.; 208-343-3119

ILLINOIS

Ina's, Chicago

★ Vegetarian Scrapple

Chicago chef Ina Pinkney once starred as "The Breakfast Queen" in a Quaker Oats commercial, and fans of her scrapple couldn't agree with the title more. In a city known for hot dogs, she dares to make a meatless version of the classic dish: a rich polenta-like patty packed with corn, black beans and cheddar, sautéed just until crisp on the edges. It's the perfect vehicle for sopping up runny eggs.
$9; 1235 West Randolph St.; breakfastqueen.com

INDIANA

Village Deli, Bloomington

★ Paxton's Potatoes

Bloomington's Village Deli is easy to spot during football season: Before Indiana University home games, devoted fans—of football and breakfast—form a line that stretches out the door. Most of them order the crowd favorite, Paxton's Potatoes, as a side or the main event. The crisp home fries come "Hoosier style": smothered in sausage gravy and shredded cheddar.
$4; 409 East Kirkwood Ave.; villagedeli.biz

IOWA

Grove Café, Ames

★ Our Famous Pancake

Disregard the motto on this diner's wall: "Just Like Home, You Don't Always Get What You Want." When you order the flapjacks here you definitely get what you want. They're big and sweet, like cake for breakfast. You just can't expect them to always look the same. The fluffy pancakes come out looking dark yellow or light orange, depending on who mixed up the top-secret batter that day.
$3.50; 124 Main St.; 515-232-9784

the Usual

"I usually order **SCRAMBLED EGGS** with **HAM, HASH BROWNS** and **WHEAT TOAST** with strawberry preserves, plus a **HOT TEA** to drink."
—Gina Neely

"**WAFFLES, SCRAMBLED EGGS WITH CHEESE, SAUSAGE, BACON** and **HASH BROWNS.** And a large **OJ** to wash it down."
—Pat Neely

HI: SHEILA SARHANGI. ID: GUY HAND. IL: CHRIS LACKNER. IN: CHELSEA SANDERS. IA: LARRY GOODALE.

ONLINE READER POLL

Bagels OR Doughnuts?

59% Bagels

41% Doughnuts

KANSAS

The Chef, Manhattan

★ Buenos Dias Frittata

The Chef, opened in 1943, is a beloved establishment in Manhattan, KS. Or at least it was until it closed in 1986. But residents of Kansas' so-called Little Apple never forgot the spot, and they got right back in line when locals reopened it in 2008, serving updated fare like the fluffy Buenos Dias Frittata, packed with spicy chorizo (made on site) and drizzled with sour cream and a chipotle sauce.
$9; 111 South Fourth St.; thechefcafe.com

KENTUCKY

Lynn's Paradise Café, Louisville

★ French Toast

At this colorful café, mannequin legs jut out of the walls and tea bags dangle from the ceiling. So it's no surprise that owner Lynn Winter puts an outrageous spin on the food, too. She makes the French Toast with thick slices of cinnamon-swirl bread, then tops it with bourbon-vanilla custard, chocolate syrup, strawberries, pecans and whipped cream. It's one big excuse to eat dessert for breakfast.
$14; 984 Barret Ave.; lynnsparadisecafe.com

LOUISIANA

Café Des Amis, Breaux Bridge

★ Got Boudin? Omelet

In Cajun country, boudin is a no-frills snack that usually comes in the form of a sausage, but at Café Des Amis, the mixture of ground pork and rice is all dressed up for breakfast: The chefs grill patties of peppery boudin, sourced from nearby Charlie-T's Specialty Meats, and add them to omelets. The dish is great any morning but especially on Saturdays, when diners dance between the tables to live Creole-influenced zydeco music. The party starts at 7:30 a.m.
$9; 140 East Bridge St.; cafedesamis.com

MAINE

Boynton-McKay Food Co., Camden

★ Fresh Buttermilk Pancakes

During the summer, Boynton-McKay's owner, Phil McElhaney, stockpiles blueberries from nearby Beth's Farm Market and freezes them so diners can get real-deal blueberry pancakes year-round. Of course, the lines are longest when the berries are just picked; it's the same time of year tourists take over this harbor town and flock to the quaint former pharmacy for breakfast.
$7; 30 Main St.; boynton-mckay.com

MARYLAND

Miss Shirley's Café, Baltimore

★ Shirley's Affair with Oscar

In Maryland it's never too early in the day for crab, and Miss Shirley's is a case in point: Fresh jumbo lump crabmeat shows up all over the breakfast menu. For this take on veal Oscar, the chef tops fried green tomatoes with crab, two fillets of grilled beef, asparagus and hollandaise, and rounds out the plate with a side of creamy mascarpone grits.
$22; 513 West Cold Spring La.; missshirleyscafe.com

READER POLL, BAGEL: BRAND X PICTURES/GETTY IMAGES; DOUGHNUT: DANIEL HURST/GETTY IMAGES. KY: KELLEY GARDINER. LA: REBECCA SHARKY. ME: JIM DUGAN. MD: JIM BURGER.

MASSACHUSETTS

Craigie on Main, Cambridge

★ **Doughnut**

Doughnut lovers will never agree on yeast versus cake, but they can all appreciate a well-made specimen like the one at Craigie on Main. Chef Tony Maws makes his airy cake doughnuts by folding a sabayon (fluffy egg custard) into the batter; he fries them to order and finishes them with cinnamon sugar and caramel sauce. They're good enough to eat daily, but alas, he only makes them on Sundays.

$4; 853 Main St.; craigieonmain.com

MICHIGAN

The Fly Trap: A Finer Diner, Ferndale

★ **The Cowboy Curtis**

The Fly Trap is not your granddaddy's diner: The inside is sleek, the soundtrack is ska and reggae, and the breakfast is… well, it's called "blunch": hearty entrees with a breakfast twist. One prime example is the Cowboy Curtis, a hefty cut of boneless rib-eye served with two fried eggs, garlic potatoes and toast. Thick "Wildwest" sauce (it's like ketchup with a kick) ties it all together.

$11; 22950 Woodward Ave.; theflytrapferndale.com

MINNESOTA

Be'wiched Deli, Minneapolis

★ **Pastrami & Egg**

At their high-end deli, chefs Matthew Bickford and Michael Ryan have elevated the egg sandwich. Kaiser rolls and American cheese are out; rosemary focaccia and havarti are in—along with pastrami, roasted peppers and harissa, a chili sauce. The sandwich isn't on the menu, but regulars know to ask for it, and early: After 11 a.m., it costs $1 more.

$6.50; 800 Washington Ave. North; bewicheddeli.com

ONLINE READER POLL

YOU TAKE YOUR *coffee:*

18% with cream

6% with sugar

51% with cream & sugar

25% black

MISSISSIPPI

Triplett-Day Drug Company Soda Fountain, Gulfport

★ **Beignets**

Beignet enthusiasts usually make a beeline for New Orleans, but they'd be wise to cross the Mississippi border for these extra-fluffy numbers, served at a 1950s-era soda fountain. The secret: They're made from the same buttermilk dough as Triplett-Day's famous biscuits. The only thing more popular than these sweets is co-owner Jim Day, who's been the pharmacist here since 1955.

$3 for two; 2429 14th St.; 228-863-2363

MISSOURI

Rooster, St. Louis

★ **Rooster Slinger**

Although crêpes dominate the menu at this downtown café, one of Rooster's best sellers is its version of a St. Louis late-night staple called a "slinger"—two burger patties, hash browns and a couple of eggs (any style) covered with chili and served with toast. Here, owner David Bailey tweaks the dish for breakfast by replacing the burgers with chunks of andouille sausage and the chili with thick sausage gravy.

$9; 1104 Locust St.; roosterstl.com

READER POLL, COFFEE CUP: ISTOCKPHOTO. MI: KARA MCMILLIAN. MN: ADRIAN SUAREZ. MS: POEM LOVE. MO: TYSON RINDERKNECHT PHOTOGRAPHY.

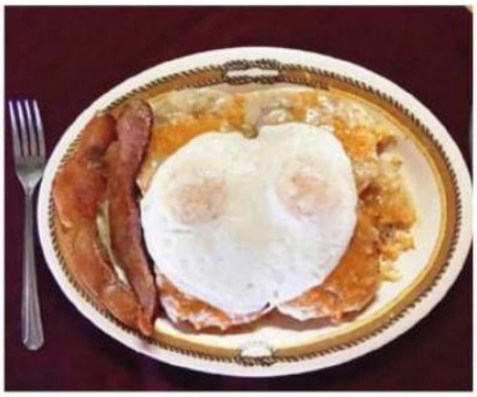
MONTANA

Goode's Q & Bayou Grill, Great Falls

★ Haystack

Like a good outfit, the Haystack breakfast is all about smart layering. Chef Harold Goode piles a plate with hash browns, two open-face buttermilk biscuits, sausage gravy and a sprinkle of cheddar cheese, then he crowns the whole thing with two fried eggs and two strips of bacon before his brother Larry delivers it to the table. How fitting that the restaurant is in a log cabin: This is a meal meant for a lumberjack.

$8; 613 15th St. North; goodesq.com



NEBRASKA

Petrow's Restaurant, Omaha

★ Belgian Waffle

This family-owned diner is famous for its ice cream, and fortunately you don't have to wait until dessert to try it. Omaha regulars often order the Belgian waffles à la mode. The dish gets better with every bite as the ice cream melts into the waffle's nooks and mixes with the warm maple syrup. Vanilla seems like the obvious flavor choice, but black walnut is an even better pick—and more fitting, too: Nebraska is covered with black walnut trees.

$6; 5914 Center St.; petrows.com

the Usual

"I order **HUEVOS RANCHEROS** whenever I see it on a menu. That combo of hot salsa, crisp tortillas and runny eggs gets me every time."

—Aida Mollenkamp

"**TWO EGGS OVER EASY, CRISPY BACON, RYE TOAST** and a side of **HASH-BROWN POTATOES**—but I only eat half. Oh, and a side of hot sauce. It's a totally New York breakfast."

—Bobby Flay

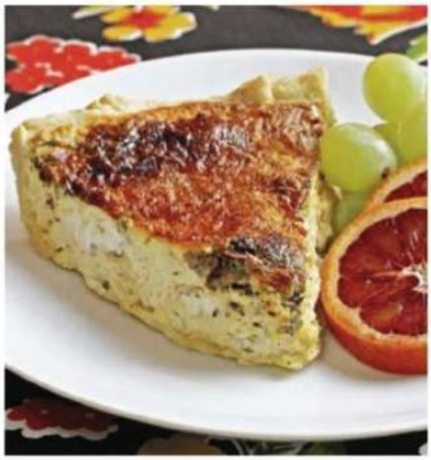
NEVADA

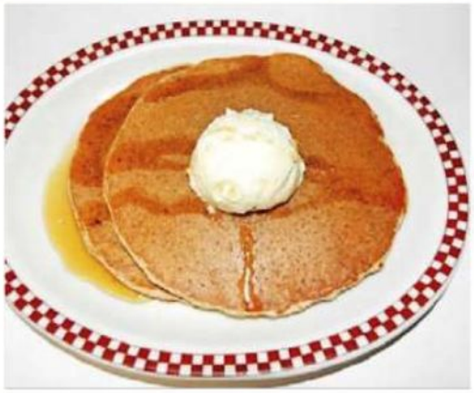
Dish Café, Reno

★ Cowpoke Quiche

When owner Nancy Horn opened this restaurant almost eight years ago, the first thing she served was quiche, and it's still the star of the menu—specifically her "Cowpoke" version, filled with goat cheese and Black Angus tri-tip grilled right outside the restaurant. The extra-fresh eggs are the real secret to the dish: They come from local chickens who feed on scraps from the restaurant.

$6.50; 855 Mill St.; dishcafecatering.com





NEW HAMPSHIRE

The Littleton Diner, Littleton

★ Littleton Buckwheat Pancakes

This 80-year-old diner, a regular campaign stop during presidential races, is almost as famous for stump speeches as it is for flapjacks. But not quite. The buckwheat pancakes are a real local specialty: They're made with flour that's stone-ground just yards away at the historic Littleton Grist Mill and are served with (sorry, Vermont) strictly New Hampshire maple syrup.

$7; 145 Main St.; littletondiner.com

NEW JERSEY

Summit Diner, Summit

★ The Slider

New Jersey has more diners than any other state in the country, and Summit Diner, set in a 1930s railroad car, is one you can't miss. It's home to the state's gold-standard egg sandwich: a locally baked kaiser roll piled with eggs, American cheese and Jersey's own Taylor ham, a salty, spiced, salami-like meat, also known as pork roll.

$4.50; 1 Union Pl.; 908-277-3256

NE: NICK PETROW. NV: JOE HORN. NH: CHRIS WILLIFORD. NJ: MICHELE GREBERIS.

NEW MEXICO

Tecolote Café, Santa Fe

★ Atolé Piñon Hotcakes

Evergreens thrive at Santa Fe's 7,000-foot elevation, and the Jennison family makes good use of the trees' plentiful pine nuts: They add them to the crunchy blue-cornmeal hotcakes at their avian-themed restaurant (*tecolote* means "owl" in the Aztec language Nahuatl). They roast the rich nuts and then sprinkle them into each pancake while it's cooking.

$4.50 each; 1203 Cerrillos Rd.; tecolotecafe.com

NEW YORK

The Breslin, New York City

★ Poached Eggs with Curried Lentils, Yoghurt and Cilantro

At this gastro pub inside New York's trendy Ace Hotel, chef April Bloomfield makes you wonder why people poke fun at British food. The best bet on her breakfast menu is a British-Indian dish of two perfectly poached eggs with curried lentils and yogurt, and grilled bread for sopping it all up. Get one of her insanely light, warm scones for dessert: It puts the dense ones we usually eat to shame.

$14; 16 West 29th St.; thebreslin.com

ONLINE READER POLL

YOU LIKE YOUR *eggs*:

49% *fried*

36% *scrambled*

15% *poached*

NORTH CAROLINA

Sunrise Biscuit Kitchen, Chapel Hill

★ Fried Chicken Biscuit

Cars are already lined up at this drive-through-only shack when employees arrive at 4:30 a.m., but the place doesn't start serving its famous fried chicken biscuits till 6:00. A staff of seven makes 1,500 biscuits a week for this sandwich, topping each one with butter as it comes out of the oven and stuffing it with a piece of crunchy fried chicken. The place sells out before closing time almost every day.

$4; 1305 East Franklin St.; 919-933-1324

NORTH DAKOTA

Kroll's Diner, multiple locations

★ Rancher Skillet

This '50s-style diner draws crowds for its big meals and even bigger personalities: Everyone knows the Kroll's Girls, the chain's grandmotherly spokeswomen, whose motto is "sit down and eat!" Many of the regulars dive into this favorite: a sizzling skillet filled with eggs, ham, onions and peppers, and a hefty portion of fried potatoes.

$7.50; sitdownandeat.com

OHIO

Omega Artisan Baking, Columbus

★ Cinnamon Rolls

It's the old food-court trick: Most mornings the smell of butter, sugar and cinnamon wafts through Columbus' North Market, drawing shoppers to Amy Lozier's bakery to get her famous cinnamon rolls hot from the oven. Unlike rival buns, Lozier's are more about the cinnamon than the icing; there's just a drizzle of the latter, so the buns aren't too sweet.

$3; 59 Spruce St.; northmarket.com

READER POLL, FRIED EGG: BELA BORSODY/TRUNK ARCHIVE; SCRAMBLED EGG: ISTOCKPHOTO; POACHED EGG: MASTERFILE. NM: SAMUEL SHOR. NY: SAMANTHA GRASS. NC: MICHAEL STERN/ROADFOOD. OH: A. LOZIER.

OKLAHOMA

Cattlemen's Steakhouse, Oklahoma City

★ Steak and Eggs

Hungry cowboys have sauntered into Cattlemen's for steak and eggs since 1910, and the meat is still butchered and aged on site for this breakfast favorite: a five-ounce grilled sirloin with two eggs, hash browns and a biscuit. Don't be surprised if you see regulars ordering a cold one instead of coffee: Cattlemen's starts serving beer at 6 a.m.

$8; 1309 South Agnew Ave.; cattlemensrestaurant.com

OREGON

Green Salmon Coffee House, Yachats

★ Triple Berry Toast

Yachats is a popular vacation spot on the central Oregon coast, and like any good beach town, it has a reliable breakfast spot. Never mind the name of the place—the dish to order here is this sweet one: two thick slabs of sourdough toast slathered with mascarpone cheese and drowned in fresh berries and honey. It's almost all organic, and it's crazy delicious.

$6; 220 Hwy. 101 North; thegreensalmon.com

PENNSYLVANIA

Pamela's P&G Diner, Pittsburgh

★ Strawberry Hotcakes

There's a reason these hotcakes sell like...well, you know. They're extra-thin, lacy at the edges and filled with fresh strawberries, brown sugar and—the kicker—sour cream, which adds just the right bit of tang. The flapjacks here weren't always this good; co-owner Pam Cohen came up with the now-secret recipe after a waitress slammed her original puffier ones decades ago.

$7; six locations; pamelasrestaurants.com

RHODE ISLAND

Jigger's Diner, East Greenwich

★ Johnnycakes

Rhode Island is the smallest state in the union, but it's large enough to have regional twists on a statewide fave: johnnycakes. Unlike the extra-thin johnnycakes east of Narragansett Bay, the cakes at Jigger's are thick cornmeal patties, crisp on the outside and creamy on the inside. They're served with butter and maple syrup, although some purists insist on skipping the latter.

$3 for three; 145 Main St.; 401-884-5388

Good Morning, Indeed

Some great breakfasts come in the form of a cocktail.

The Pancake Breakfast

This mix of butterscotch and strawberry schnapps, served at Anchor Bar and Grill in Superior, WI, tastes like strawberry flapjacks and even comes with a strip of bacon to complete the "meal."

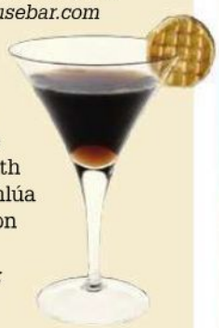
$4; 413 Tower Ave.; anchorbar.freeservers.com

French Toast Flip

Like short-order cooks, the bartenders at San Francisco's Rickhouse make a lot of French toast. Here, it's a cocktail of maple syrup, sherry, brandy, a dash of cinnamon and even an egg: Raw eggs give the drink its frothy head.

$10; 246 Kearny St.; rickhousebar.com

Belgian Waffle Martini



At Pittsburgh's Kaya, a cocktail of Sortilège (a whisky blended with maple syrup) and Kahlúa comes with a waffle on the rim for dunking.

$9; 2000 Smallman St.; bigburrito.com/kaya

Jelly Donut

Cregeen's Irish Pub in North Little Rock, AR, serves this combo of black raspberry Chambord and sweet, creamy Baileys; it instantly brings Dunkin' Donuts to mind.

$7; 301 Main St.; cregeens.com

Blueberry Pancake Martini

This creamy martini at Toast in Birmingham, MI, is loaded with blueberries and maple syrup and looks remarkably like pancake batter.

$8; 203 Pierce St.; toastbirmingham.com

COCKTAILS: CHARLES MASTERS; FOOD STYLING: BRETT KURZWEIL. OR: PIPPI SMITH. PA: DAWN HARTMAN.

SOUTH CAROLINA

Marina Variety Store Restaurant, Charleston

★ Fried Green Tomatoes and Shrimp with Grits

On Charleston's Ashley River, boat captains and their crew members pull up to docks near this waterfront spot and stop in for a bite. Seafarers and landlubbers alike go for the house specialty: fried green tomatoes and shrimp hauled in the night before from nearby Shem Creek, served over creamy grits. The grits have just a hint of cheese; they're made with parmesan instead of the usual cheddar.

$13; 17 Lockwood Dr.; varietystorerestaurant.com

TENNESSEE

The Capitol Grille, Nashville

★ Tennessee "Jack" Egg Sandwich

Diners at this fancy restaurant in the 100-year-old Hermitage Hotel can smell bacon before they walk in the door. Ever since chef Tyler Brown built a smoker in the hotel's parking lot last year, the scent of meat has drifted onto the sidewalk, luring diners in for his Tennessee egg sandwich: an egg, hog-jowl bacon and tomato gravy between two pieces of French toast soaked in Jack Daniel's, the local drink of choice.

$10; 231 Sixth Ave. North; capitolgrillenashville.com

SOUTH DAKOTA

Blue Bell Lodge at Custer State Park Resort, Custer

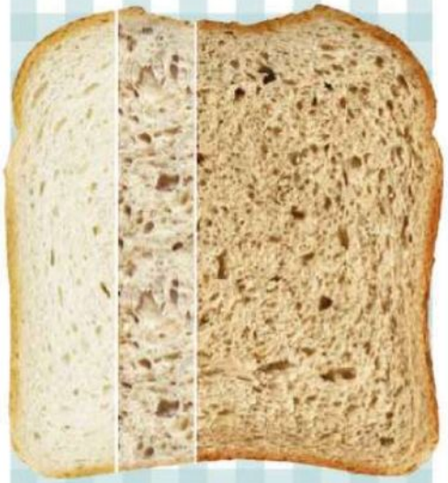
★ Buffalo Steak Tips and Eggs

Tourists often head to South Dakota's mountainous Custer State Park looking for a quintessential dude-ranch experience, and that includes a stop at this log-cabin lodge for the ultimate South Dakota breakfast: a skillet packed with buffalo tips, eggs, hash browns and toast. It's enough to keep a rancher full till dinner.

$11; 13389 U.S. Highway 16A; custerresorts.com/custerbluebell

ONLINE READER POLL

YOU LIKE YOUR *toast*:



21% white

60% wheat

19% rye

TEXAS

Torres Taco Haven, San Antonio

★ Reggie's Weekend Special

This huge meal started as a weekend special, until customers at the bustling family-friendly restaurant demanded it become a daily item. It's a heap of the Texas specialty barbacoa (shredded slow-cooked beef) served with chile-pepper potatoes, salsa, eggs and mashed refried beans—plus homemade corn tortillas and two mini quesadillas.

$7.50; two locations; tacohaven.info

UTAH

Sill's Café, Layton

★ Sill's Famous Scone

In most parts of the country, a scone is a triangular biscuitlike pastry. But in Utah it's a patty of deep-fried dough, like a flat, hole-less doughnut, and Sill's is the place to try one, smeared with delicious honey butter. The restaurant, founded by the town's former mayor, changed locations last year, but its devoted customers happily followed.

$2; 335 East Gentile St.; 801-544-7438

READER POLL, TOAST: ISTOCKPHOTO. SC: RYAN COLLINS. SD: CHAD OLSEN. TN: DENNIS WILE. TX: ANTHONY TORRES. UT: DALE M. FINE.

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VERMONT

Penny Cluse Café, Burlington

★ Penny Cluse

Green isn't exactly a standard color for gravy, but customers are happy to get their biscuits covered with chef Maura O'Sullivan's special sauce—it's tinted by spinach, basil and parsley. The dish, named after co-owner Holly Cluse's childhood dog, comes with two eggs, any style, and a mound of O'Sullivan's home fries. Regulars at the always-packed spot are known to order it more than once a week.

$5; 169 Cherry St.; pennycluse.com

VIRGINIA

Kuba Kuba, Richmond

★ California Huevos Rancheros

When chef Manny Méndez was little, his father turned the family living room into a bodega, selling hard-to-find Cuban foods to fellow immigrants in Richmond. Méndez followed in his dad's footsteps at Kuba Kuba, selling groceries alongside dishes like his popular huevos rancheros: two eggs over red beans and crusty Cuban bread, topped with cheese, avocado and a lime-garlic sour cream.

$8; 1601 Park Ave.; kubakuba.info

WASHINGTON

The Braeburn Restaurant, Langley

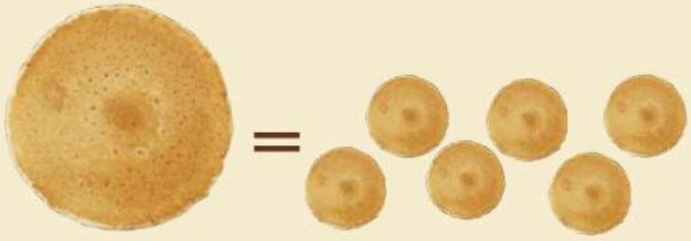
★ Corned Beef Mash

Quaint Whidbey Island, in Puget Sound, is a perfect one-day getaway from Seattle, particularly when the day starts here, with juice served in a mason jar and this killer breakfast. The Mash is a delicious mess of corned beef, garlic mashed potatoes and Irish cheese topped off with three eggs. The dish has a heavy Irish influence, but the ingredients aren't far-flung: They all come from the island or the Pacific Northwest.

$10; 197 Second St.; thebraeburnrestaurant.com

Go Big or Go Home

Get a load of these supersize morning bites.



Charlie's Famous Giant 16-Inch Pancake

Each of the jumbo flapjacks at Charlie Parker's Diner calls for 24 ounces of batter and a pizza peel for flipping. Guests who finish four eat for free, but good luck: Only one person has ever done it.

$4; 700 North St., Springfield, IL; charlieparkersdiner.net

Texas-Size Round Rock Donut

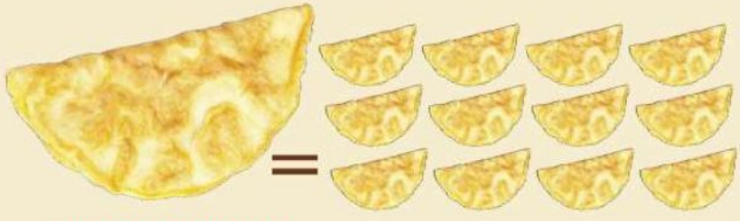
The 9-by-13-inch oblong doughnut at Round Rock Donuts is the equivalent of a dozen normal-size ones, and it's not just a novelty: Locals buy it regularly for work meetings. Each two-pounder gets an entire cup of sugar glaze or chocolate frosting.

$5.50; 106 West Liberty Ave., Round Rock, TX; roundrockdonuts.com

Cinnamon Roll

The four-inch-tall cinnamon rolls at Lulu's Bakery & Café in San Antonio weigh in at roughly five pounds each once they're slathered with icing. Lulu's blows through more than 33 feet of dough and almost 200 cups of icing every day.

$7; 918 North Main Ave.; luluscafeinsa.com



Ostrich Egg Omelet

An ostrich egg equals 24 chicken eggs—or at The Sandpiper Café, one very large omelet. The dish is a special whenever the chef is able to stock ostrich eggs. It costs about $150, but it serves a dozen people, and you get to take home the shell as a souvenir.

Market price; 429 West Willoughby St., Juneau, AK; 907-586-3150

SUPERSIZE BITES, CINNAMON ROLL: BRIAN HAGIWARA/GETTY IMAGES; ISTOCKPHOTO (3). VT: HOLLY CLUSE. VA: JEFF MASTERS.

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WASHINGTON, D.C.

Founding Farmers

★ Fried Chicken, Eggs and Waffles

Talk about politically correct: This D.C. hot spot, just blocks from the White House, serves a breakfast that's as ecofriendly as it is delicious. The chef coats free-range chicken in whole-wheat flour before frying it, then he pairs it with organic eggs, a waffle, and a creamy pepper gravy made from whole-wheat flour and antibiotic-free cream and butter.
$12; 1924 Pennsylvania Ave. N.W.; wearefoundingfarmers.com

WEST VIRGINIA

The Poky Dot Diner, Fairmont

★ He-Man Breakfast

The He-Man breakfast at this quirky diner comes on top of a garbage-pail lid (a clean one, of course), and you'll have to do your best garbage-disposal imitation to polish off the goods: four eggs, four strips of bacon, two sausage links, two sausage patties, four pancakes, two large biscuits with sausage gravy, plus home fries, toast and a slice of ham. The dish is sold all day and yes, it's meant to be conquered solo.
$10; 1111 Fairmont Ave.; 304-366-3271

ONLINE READER POLL

YOUR FAVORITE

breakfast meat:

69% bacon

21% sausage

10% ham

READER POLL, SAUSAGE: STOCKBYTE/GETTY IMAGES; HAM: MASTERFILE; BACON: ISTOCKPHOTO. WV: LISA KELLEY.

WISCONSIN

Al Johnson's Swedish Restaurant & Butik, Sister Bay

★ Swedish Pancakes

This place doesn't just nod to Wisconsin's Scandinavian heritage—it full-on embraces it. Real goats graze on the grass-lined roof, just as livestock do on mountainside homes in Scandinavia. The specialty of the house: Swedish pancakes, of course, extra thin (they're made without any leavening agent) and topped with Wisconsin butter and tart lingonberries. You can get bacon on the side, but Swedish meatballs seem like the more fitting choice.
$7; 10698 North Bay Shore Dr.; aljohnsons.com

WYOMING

Sherrie's Place, Casper

★ Chicken-Fried Steak, Eggs and Potatoes

Chicken-fried steak is a Wyoming staple, but no one has mastered the classic dish quite like Sherrie Lopez, the owner of this homey restaurant. She coats tender medallions of beef in panko breadcrumbs to get an extra-crunchy crust, and she smothers the finished steak with a thick chunky gravy loaded with crumbles of breakfast sausage.
$8; 310 West Yellowstone Hwy.; 307-235-3513

WI: MATT NORMANN PHOTOGRAPHY. WY: TARA YAKE.

Breakfast scouts: Nichole Aksamit, *Omaha World-Herald*; Bob Batz Jr., *Pittsburgh Post-Gazette*; Linda Beaulieu, *Providence Monthly*, RI; Joe Bonwich, *St. Louis Post-Dispatch*; Darin Burt, *Washington Magazine*; Rosemary Camozzi, *Oregon Coast* magazine; Ann Christenson, *Milwaukee Magazine*; John Clayton, *New Hampshire Union Leader*; Hannah Crowley, *The Burlington Free Press*, VT; Rachael Daigle, *Boise Weekly*, ID; Robin Davis, *The Columbus Dispatch*, OH; Ashlea Deahl, *Phoenix* magazine; Janna Farley, *Argus Leader*, Sioux Falls, SD; Kathleen Fleury, *Down East*, Camden, ME; Katie Hanlon, *WV Living* magazine; Jennifer Haugh, *Kansas!* magazine; Amanda Hervey, *Kentucky Monthly*; Karen Herzog, *The Bismarck Tribune*, ND; Anne Hillerman, Santa Fe, NM; David Holloway, *Press-Register*, Mobile, AL; Michael Jackman, *Metro Times*, Detroit; Jennifer Justus, *The Tennessean*; Carol Kugler, *The Herald-Times*, Bloomington, IN; Suzanne Loudermilk, *Baltimore* magazine; Ian McNulty, *Gambit*, New Orleans; Natalie Mikles, *Tulsa World*, OK; Karen Cauthen Miller, *Richmond* magazine, VA; Charles Monagan, *Connecticut Magazine*; Kyle Munson, *The Des Moines Register*, IA; Rick Nelson, *Star Tribune*, Minneapolis; Josh Niva, Anchorage, AK; Russ Parsons, *Los Angeles Times*; Valerie Phillips, *Deseret News*, Salt Lake City; Matthew Pitt, *Oxford American*, Little Rock, AR; Jackie Rice, *Great Falls Tribune*, MT; Kat Robinson, *Arkansas Times*; Tim Rutherford, *Connect Savannah*, GA; Deidre Schipani, *The Post and Courier*, Charleston, SC; Matthew Schniper, *Colorado Springs Independent*; Patricia Sharpe, *Texas Monthly*; Sally Ann Shurmur, *Casper Star-Tribune*, WY; Patricia Talorico, *The News Journal*, Wilmington, DE; David Tamarkin, *Time Out Chicago*; Pat Tanner, Zagat Survey, NJ; Holly Timberline, Richmond, VA; Andrea Weigl, *The News & Observer*, Raleigh, NC; Audrey Wilson, *Hawaii Tribune-Herald*; Johnathan L. Wright, *Reno Gazette-Journal*, NV.
"Go Big or Go Home": David Tamarkin.

Dining with the Stars

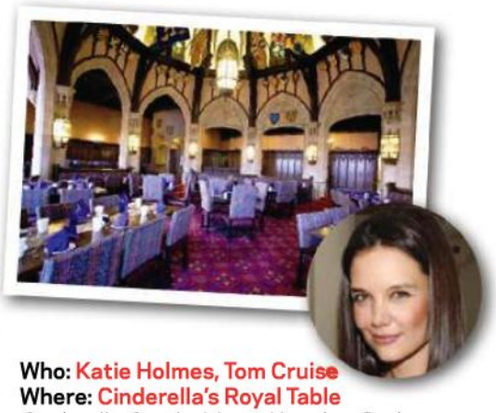
Mickey Mouse isn't the only famous face in **Orlando.** See where other celebs hang out when they're in town. **BY REBECCA SHAPIRO**

Who: Shakira, Michael J. Fox, George Lucas, Ricky Martin
Where: Bongos Cuban Café
1498 East Buena Vista Dr., Lake Buena Vista, FL; bongoscubancafe.com

This restaurant's high-wattage owners—Gloria and Emilio Estefan—definitely help bring in the stars: Michael J. Fox and George Lucas each recently dined with their families at the Cuban restaurant and nightclub, and Ricky Martin and Shakira both paid a visit. When Gloria's in the house, she usually has her favorite: ropa vieja, shredded beef in a tomato Cuban Creole sauce.

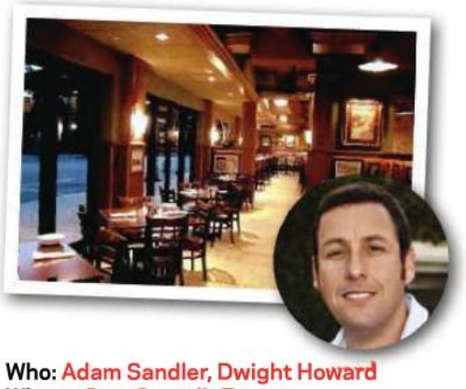
Who: Conan O'Brien, Richard Gere, Jeff Goldblum, John Stamos
Where: The Palm Restaurant
5800 Universal Blvd.; thepalm.com

The Palm steakhouses are as well known for their famous clientele as they are for their prime, aged meats: The walls are covered with autographs and caricatures of famous guests from the past. Last year, Conan O'Brien and Jeff Goldblum stopped by (and signed the walls), and John Stamos dined here this spring before a Beach Boys concert (fitting—the steakhouse is in the Hard Rock Hotel). Richard Gere dined here a week later, though he was more interested in the atmosphere than the steak: He gave up red meat years ago.



Who: Katie Holmes, Tom Cruise
Where: Cinderella's Royal Table
Cinderella Castle, Magic Kingdom Park, Walt Disney World; 407-939-3463

Visiting Cinderella Castle is apparently a thrill even when your family is Hollywood royalty. Katie Holmes and Tom Cruise brought daughter Suri to the iconic castle's Once Upon a Time Breakfast *($32 for kids; $50 for adults)* while on vacation last year. They chowed down on the usual favorites—scrambled eggs, sausage, bacon, French toast, yogurt, granola and fresh fruit—and Suri even got her fairy-tale ending: Snow White and Sleeping Beauty visited during the meal.



Who: Adam Sandler, Dwight Howard
Where: Sam Snead's Tavern
1801 Maitland Blvd.; samsneadstavern.com

Tiger Woods gets all the attention around here, but another pro golfer has ties to Orlando: the legendary Sam Snead, whose name lives on at this Southern restaurant chain. This particular location is on the grounds where the Orlando Magic trains, and it's a magnet for NBA All-Stars like Dwight Howard, who fuels up on pasta, mahi mahi and meatloaf. A faux pro golfer, Adam Sandler (aka Happy Gilmore), stopped in too, when he was filming in the area.

ORLANDO: CHRISTIAN HEEB/LAIF/REDUX. CINDERELLA'S ROYAL TABLE: DISNEY PARKS. CELEBRITIES, CLOCKWISE FROM TOP: FRAZER HARRISON/GETTY IMAGES; KEVIN MAZUR/GETTY IMAGES; MARK SAVAGE/CORBIS; DIMITRIOS KAMBOURIS/GETTY IMAGES.

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Dive In!

We searched hotels across the country to find some tasty **poolside snacks.**

BY **ELIZABETH JENKINS**

PURPLE POMEGRANATE GRANITAS

ACTIVE: 20 min | TOTAL: 3 hr (plus overnight freezing) | SERVES: 4

- 3 cups pomegranate juice
- 1 teaspoon chopped fresh lavender flowers, plus small flowers for garnish
- 2 tablespoons fresh lime juice
- ½ cup spiced rum (optional)

1. Whisk the pomegranate juice and lavender in a chilled stainless-steel bowl. Add the lime juice and rum, if desired. Freeze until icy around the edges, 20 to 25 minutes. Whisk, then continue to freeze, whisking every 20 to 25 minutes, until slushy, about 2 hours, 30 minutes; cover and freeze overnight.

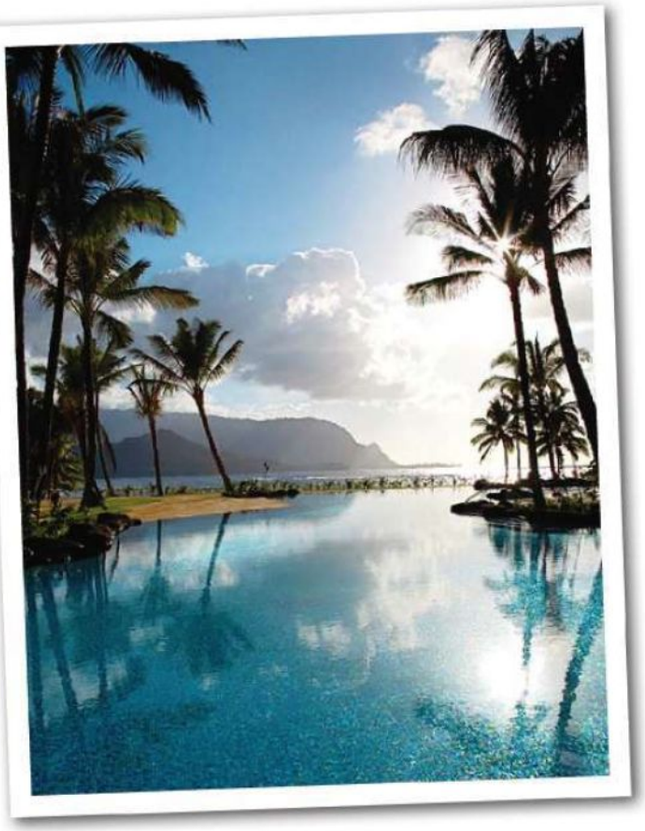
2. Scrape the granita with a fork, then scoop into martini glasses. Garnish with lavender.

Colony Palms Hotel

Its days as an underground brothel, gambling house and speakeasy are long gone, but this Spanish Colonial–style hotel, once one of Frank Sinatra's hangouts, hasn't completely let go of the past: The Purple Pomegranate Granitas handed out at the pool are a nod to hotel founder and Detroit mobster Al Wertheimer, a member of the notorious Purple Gang. The treats are a big hit around the Olympic-size pool, and we're guessing they'll be just as popular in your own backyard.

572 North Indian Canyon Dr.; colonypalmshotel.com

FOOD PHOTOS: LEVI BROWN; FOOD STYLING: BRETT KURZWEIL. INSET: BROCK BATTEN.



The St. Regis Princeville Resort

When architects redesigned this resort last year, they surrounded the pool with lava rock that seamlessly blends into Kauai's Hanalei Bay, the backdrop for the classic film *South Pacific*. Swimmers don't mind getting out of the peaceful waters, though, when servers dole out complimentary shots of these smoothies, made with nothing but ice and fresh papaya, strawberries and banana.
5520 Ka Haku Rd.; stregisprinceville.com

PAPAYA SMOOTHIES

MAKES: about 12 shots

- 1 small papaya, peeled, seeded and diced
- 1 banana, sliced
- ½ cup sliced strawberries
- Pineapple wedges and/or maraschino cherries, for garnish

Combine the papaya, banana, strawberries and about 15 ice cubes in a blender and puree until smooth. Pour into 2-ounce shot glasses and garnish with pineapple and/or cherries.

Loews Miami Beach Hotel

This hot spot is home to Food Network stars during the annual South Beach Wine & Food Festival, and it attracts plenty of celebs the rest of the year, too. But the VIPs, who often hide out in rented poolside cabanas, aren't the only ones getting special treatment: Servers pamper every guest at the pool, on the hour, with aloe mistings and free snacks, like frozen grape kebabs. To make them at home, just slide grapes onto skewers and freeze for at least 30 minutes.
1601 Collins Ave.; www.loewshotels.com/miami-beach-hotel

The hotel gives out frozen grape kebabs.

INSET, TOP: LINNY MORRIS.

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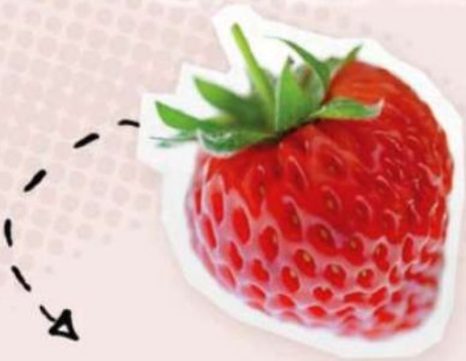

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Limited Edition Spinach and Artichoke Pizza.

Go on, double dip.

Dip into the tantalizing taste of spinach, artichokes and a blend of cheeses on a crispy thin crust. Now in your grocer's freezer, but not for long.

Creativity on a Crust.™

The Ritz-Carlton, Marina del Rey

At this ecofriendly, chlorine-free pool overlooking yacht-filled Marina del Rey, sun worshippers can get close to the Pacific without giving up hotel amenities—including chef Joshua Hasho's fancy poolside bites. He fills whole strawberries with basil granita to make this refreshing treat.
4375 Admiralty Way; ritzcarlton.com/marinadelrey

INSET: RON STARR.

STRAWBERRIES WITH BASIL GRANITA

ACTIVE: 30 min | TOTAL: 3 hr 20 min | MAKES: 16 strawberries

- 1 cup sugar
- ¼ cup apple juice
- ¼ cup sparkling white wine
- 1 cup basil leaves
- 16 large strawberries

1. Make simple syrup: Combine the sugar and 1 cup water in a saucepan over medium-low heat, stirring until the sugar dissolves.
2. Bring 1 cup of the simple syrup, the juice and wine to a boil in a saucepan over high heat. Carefully transfer to a blender, add the basil and pulse until smooth (leave the filler cap off to let steam escape). Strain through a fine-mesh sieve into an 8-inch square metal pan. Freeze 3 to 4 hours, scraping the mixture with a fork every 20 minutes to make it slushy; freeze until ready to serve.
3. Cut off the tops of the strawberries and trim the bottoms so that they sit upright. Using a small melon baller, scoop out the inside of each strawberry to make a small cup. Fill with a spoonful of the granita. Serve immediately.

New Flatbread Melts with artisan bread.

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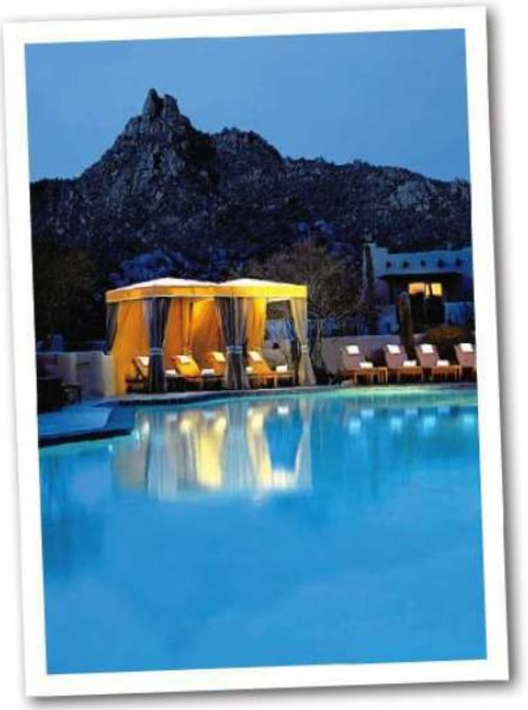
california almonds
AlmondBoard.com



Four Seasons Resort Scottsdale at Troon North

Scottsdale gets 330 days of sun every year, and this resort knows how to tackle the heat: with three pools and an army of staffers. Every guest gets a pitcher of ice water, and servers come by all afternoon with chilled hand towels, fruit kebabs and glasses of prickly pear iced tea, inspired by the cacti that dot the surrounding Sonoran Desert. The hotel even has a roaming butler who polishes sunglasses. We don't recommend pampering your own guests this much—they may never leave—but you can keep them cool with these easy treats.

10600 East Crescent Moon Dr.; fourseasons.com/scottsdale

PRICKLY PEAR ICED TEA

MAKES: 12 to 14 shots

- 2 cups unsweetened iced tea
- 1 cup fresh lemonade
- ½ cup prickly pear syrup (available at specialty food stores; or use any fruit syrup)
- Lemon slices, for garnish

Combine the iced tea, lemonade and prickly pear syrup in a pitcher with ice. Strain into 2-ounce shot glasses filled with ice. Garnish with lemon.

The Four Seasons also serves free fruit on a stick.

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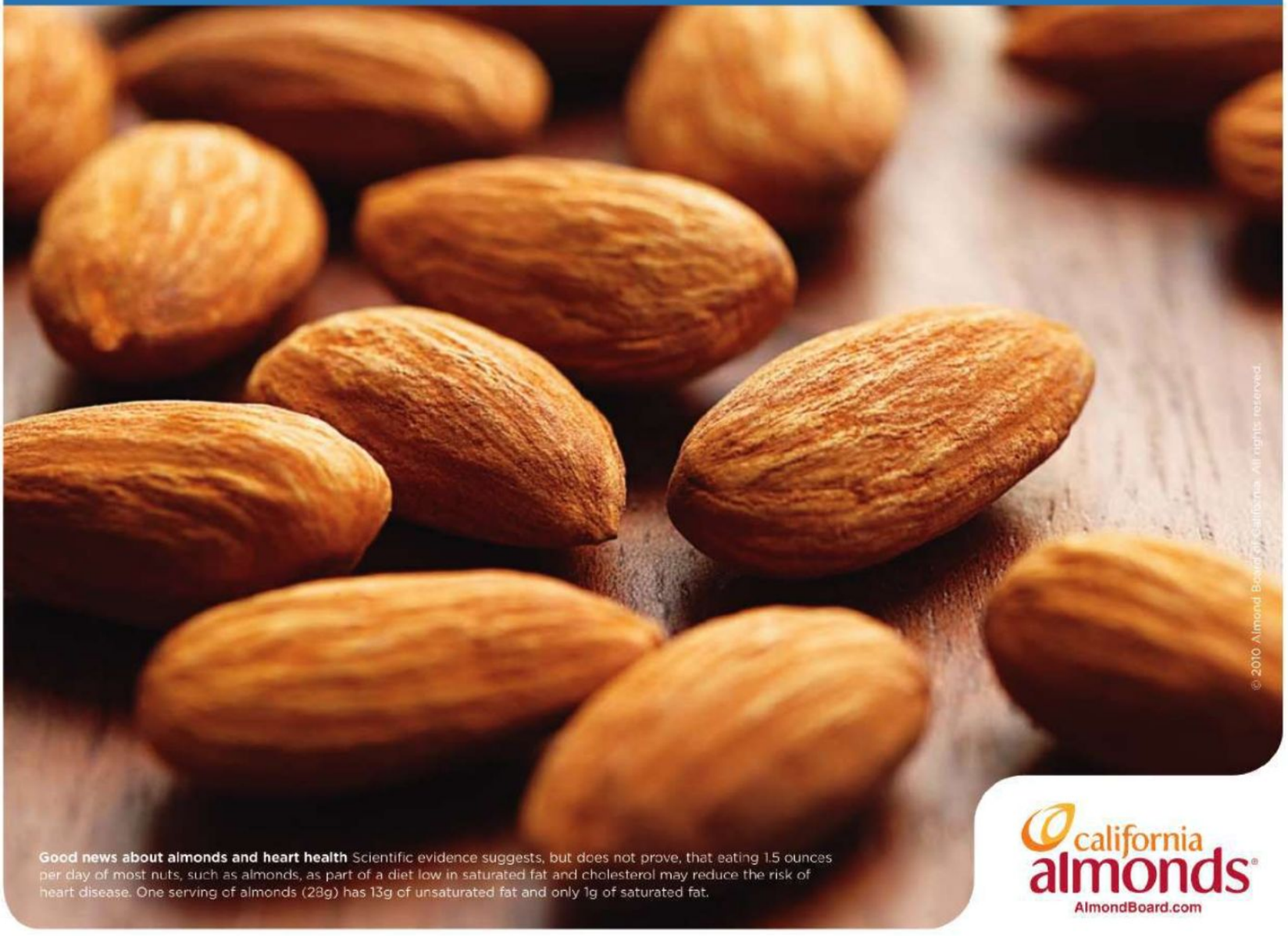

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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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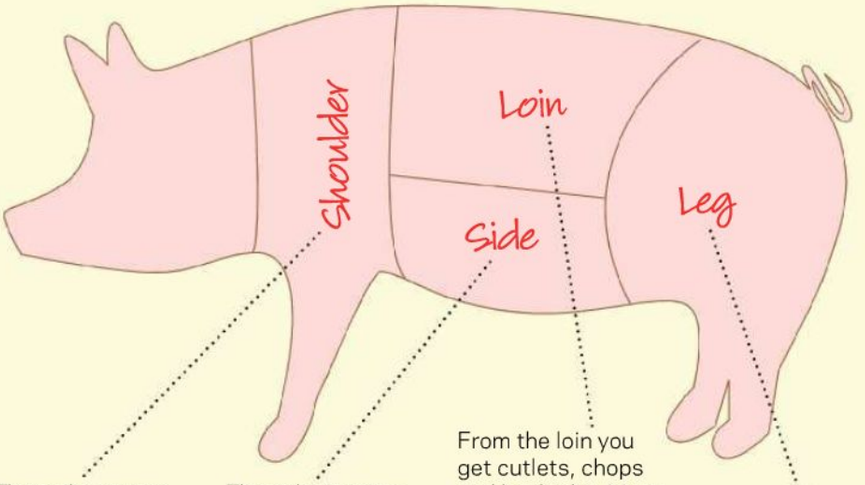
Good Question...

Send us a question about a previous story at foodnetwork.com/magazine, and we'll find the answer.

Q. Your Hoosier Pork-Tenderloin Sandwich recipe ["Only in...Indiana," May 2010] calls for pork loin, not pork tenderloin. Why?

Alice Goddard, Oro Valley, AZ

A: The owner of Nick's Kitchen in Huntington, IN, where—word has it—this local favorite came to be, told us that the sandwich calls for a center cut of loin rather than tenderloin because tenderloin is too small for the giant sandwiches. Plus, tenderloin is pricier, and there's no need to spend the extra money: The cheaper cut gets plenty tender in the buttermilk brine. We have tons of pork in this issue, including tenderloin on pages 88 and 92, so we've put together a quick refresher on the standard cuts:



This is the source for, oddly, the Boston butt, along with the picnic roast. Shoulder cuts have plenty of marbling and are particularly tender when slow-cooked. Try some in the Neelys' **pulled-pork** sandwich on page 122.

The side gives us spareribs, which get flavor from big bones and lots of fat; pork belly, a restaurant fave; and bacon (cured, smoked belly meat). Enter your best **bacon** dish in our recipe contest on page 188.

From the loin you get cutlets, chops and back ribs. More commonly referred to as **baby back ribs** because of their small size, these lean ribs near the backbone are actually quite meaty. Check out Tyler Florence's Fourth of July ribs on page 132.

Ham comes from the leg and is typically cured and smoked. Because the leg is muscular, ham is relatively lean. We pair Black Forest ham with pasta on page 86 and prosciutto with an omelet on page 82.

Q: Ellie Krieger's Honey Oatmeal-Raisin Cookies ["Ask Ellie," May 2010] call for unsalted almond butter. I've never heard of it. Where can I buy it?

Carol Rivers, Somersworth, NH

A: Almost any nut can be blended to form a butter: Peanut butter is the most well known, but almond butter is great, too. Most health-food stores carry it, but you can make your own:

Finely grind 1 cup **roasted almonds** in a food processor, then add 2 teaspoons **vegetable oil** and a pinch of **salt** and blend into a smooth paste. Store in the refrigerator, in an airtight container, for up to 2 weeks.

ALMOND BUTTER: BEN GOLDSTEIN/STUDIO D.

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Q: Can you tell me more about the jar you used for the Pickled Garlic Vegetables [Weekend Cooking, May 2010]? I give a lot of food gifts and am really into packaging; jars like that would be perfect.

Sarah Feldner, Shorewood, WI

A: We used a Weck Mold Jar. The German company introduced Europe to home-canning with glass jars in the early 1900s, so this jar was a natural pick for our pickling project. But whether you're pickling or not, a tight seal is important, and these jars come with a rubber ring and stainless-steel clamps that let air out but not in. They're sold in sizes from .25 liters up to .75 liters. *$26 for four .75 liter jars; heathceramics.com*

Q: I'm interested in the Fraoch ale from Scotland's Williams Bros. Brewing Co. that was in the May issue [Food News]. It sounds worth a try, but the website says the company delivers only to the UK. Is there a place in the States that sells and ships this beer?

Bonnie McComb, Hedgesville, WV

A: Brooklyn's Bierkraft—a sandwich shop and beer emporium—carries Williams Bros. beers, including its flagship, Fraoch Heather Ale. The 20th-anniversary edition we featured was a limited release, but we highly recommend the original; it's also brewed with flowers. You can order it by the bottle or the case, and the store ships anywhere in the country. *$3.75 for 11.2 ounces; bierkraft.com*

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The Winner Is...

A Connecticut reader's **no-bake dessert** came out on top in our peanut-themed contest.

Megan Farquharson of Meriden, CT, won us over with her nutty treat.

Chunky or smooth, peanut butter seems to be your favorite way to get a peanut fix. Our April 2010 recipe contest drew in hundreds of peanut-butter pairings: peanut butter and chocolate, peanut butter and jelly, and our champion, peanut butter and banana—in the form of this semifreddo from Megan Farquharson of Meriden, CT. Megan turned her favorite sandwich into the ice cream–like treat by freezing a peanut butter–swirled banana custard in a peanut crust. The best part, she says: "You don't need an ice cream maker!"

PEANUT BUTTER–BANANA SEMIFREDDO

ACTIVE: 45 min | TOTAL: 45 min (plus freezing)
SERVES: 6

FOR THE CRUST
Cooking spray
¼ cup unsalted roasted peanuts
5 graham cracker sheets, roughly broken
4 tablespoons unsalted butter, melted

FOR THE ICE CREAM
8 large egg yolks
¾ cup sugar
1 ripe banana, pureed
2 tablespoons hazelnut liqueur
Pinch of salt
1 cup heavy cream
¾ cup creamy peanut butter

1. Prepare the crust: Spray a 9-by-5-inch metal loaf pan with cooking spray and line with plastic wrap, leaving a 2-inch overhang on all sides; spray the plastic wrap. Finely grind the peanuts and graham crackers in a food processor. Add the melted butter and pulse until combined. Press the mixture into the bottom of the prepared pan and refrigerate.
2. Make the ice cream: Bring 2 inches of water to a simmer in a saucepan over medium heat. Fill a bowl with ice water. Whisk the egg yolks, ½ cup sugar, the banana puree, hazelnut liqueur and salt in a large metal bowl. Place the bowl over the pot of simmering water (do not let the bowl touch the water) and whisk until thickened, 8 to 10 minutes. Remove the bowl from the pot and put in the ice water to cool.
3. Beat the heavy cream and the remaining ¼ cup sugar with a mixer until the cream just holds stiff peaks (do not overbeat). Gently fold the cream into the banana custard. Heat the peanut butter in the microwave until soft, about 20 seconds; let cool slightly. Drop spoonfuls of the peanut butter into the banana cream and fold until swirled.
4. Spread the mixture over the crust in the pan, cover with plastic wrap and freeze until firm, at least 9 hours. Lift out of the pan using the plastic wrap and cut into 1-inch slices.

SEMIFREDDO: KATE SEARS; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAM MORRIS. PEANUTS: CHARLES MASTERS. PORTRAIT: MARK FARQUHARSON.

Enter to win! Turn the page for our next secret-ingredient recipe contest.

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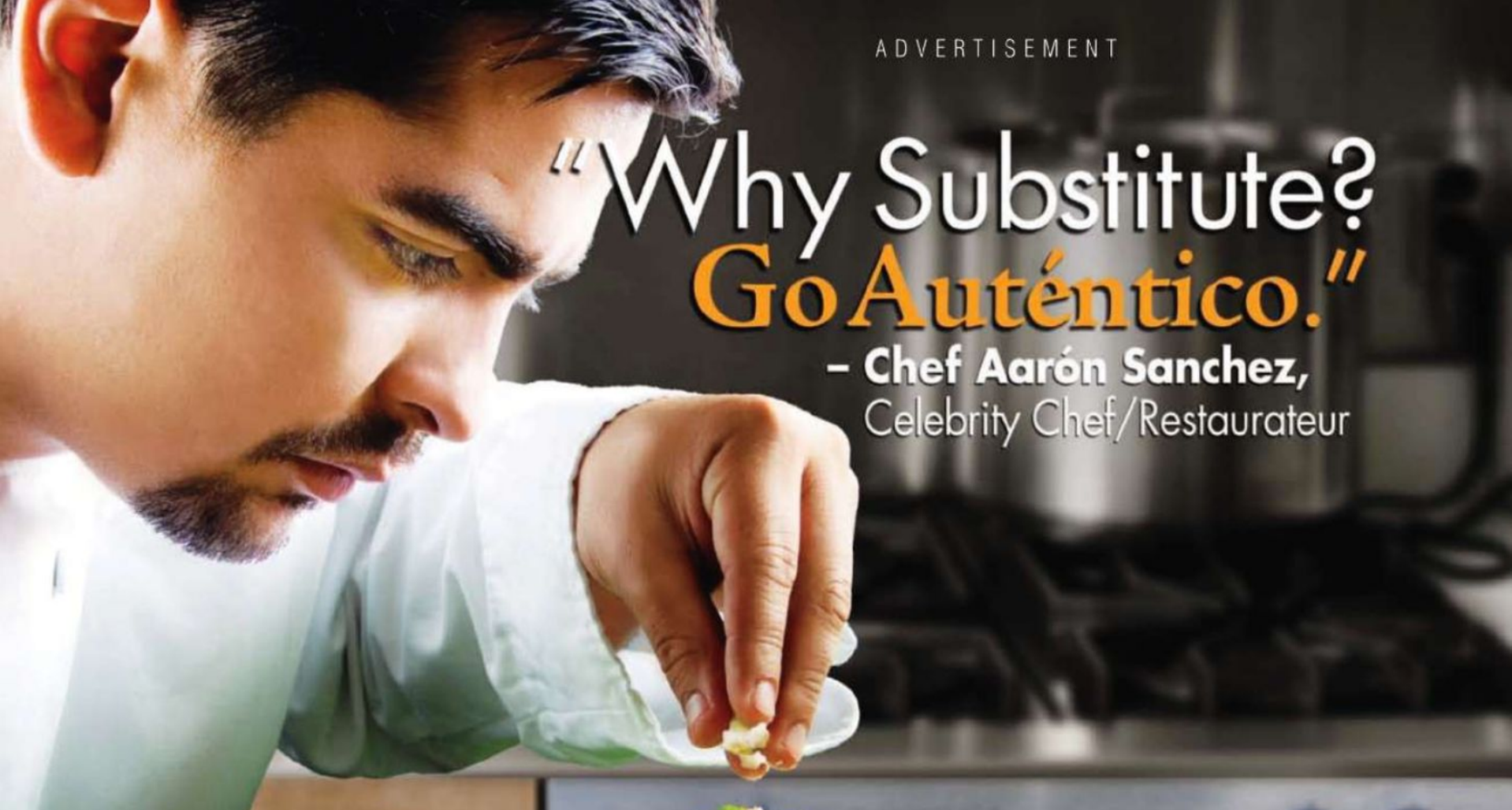

"Why Substitute? Go Auténtico."

– Chef Aarón Sanchez,
Celebrity Chef/Restaurateur

Citrus Queso Salad

Ingredients:

1	10-oz pkg Cacique® Queso Fresco – crumbled
1/2 cup	Cacique® Cotija - crumbled
1/2 cup	cup Jicama - diced small
1	small cucumber - diced
1/2 cup	cup cilantro (fresh) – chopped
1/2 cup	cup red onion - diced
2	medium tomatoes - chopped
1/2	chile of canned chipotle in adobo – finely chopped
1 lime	juiced
1 tbsp	olive oil
Salt, to taste	
Pepper, to taste	

Preparation:

Mix first five ingredients together and set aside.

Mix the next five ingredients in a separate bowl. Season with salt and pepper and add to Cacique® cheese mixture. Mix well and serve with tortilla chips.

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secret-ingredient recipe contest

Cook with... Bacon!

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1. Think like an Iron Chef and dream up a dish using this month's **secret ingredient.**
2. Enter your **original recipe** at foodnetwork.com/recipecontest by July 23, 2010.
3. See if the judges pick your dish—the winner will appear in an **upcoming issue.**

Need inspiration? Find more than 2,000 bacon recipes at foodnetwork.com.

NO PURCHASE NECESSARY. The Secret-Ingredient Recipe Contest is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/recipecontest and submit a recipe of your own creation along with your name, address, telephone number and e-mail address. Contest begins 12 a.m. ET June 29, 2010, and ends 11:59 p.m. ET July 23, 2010. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/recipecontest.

PHOTO: CHARLES MASTERS; FOOD STYLING: BRETT KURZWEIL

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